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# The FAMILY Cook Book

BB BEST BOOKS

300 Recipes, Menus, and Food-Saving Suggestions for the Family

# THE AMERICAN WOMAN'S
# *Food Stretcher*
# COOK BOOK

***MAKE YOUR RATION POINTS GO TWICE AS FAR***

**WHAT TO DO ABOUT MEAT**
**WHEN FUEL IS SCARCE, WHAT THEN?**
**FRUITS AND VEGETABLES THE YEAR 'ROUND**
**FATS AND HOW TO GET THEM**
**FISH FOR FOOD AND FUN**
**IF YOU DON'T KEEP A COW**
**HOW WOULD YOU LIKE SOME BEES?**
**BETTER LEARN TO BAKE BREAD**
**TRY SOME NEW DRINKS**

Published for

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**A little number after a recipe in a menu means that the recipe will be found both in the booklet of that number and in the corresponding 100 series, that is, 6 and 106.**

Modern illustrations are of the greatest value to those who take pride in learning new methods of preparing food. Even more than the printed word, pictures depict clearly and accurately modern procedure and the finished product. For the beautiful and instructive ones in this book we are deeply grateful to:

American Can Company, American Meat Institute, Appalachian Apple Service, Inc., Booth Fisheries Corporation, Brazil Nut Fund, California Fruit Growers Exchange, Cookware Associates, Corning Glass Works, Frosted Food Sales Co., General Foods Corporation, Hawaiian Pineapple Company, Ltd., H. J. Heinz Company, Hotpoint, Irradiated Evaporated Milk Institute, Kellogg Company, Kraft Cheese Company, National Biscuit Company, National Live Stock and Meat Board, National Peach Council, National Peanut Council, Poultry and Egg National Board, Standard Brands Inc., The Best Foods, Inc., The Junket Folks, Winter Pear Bureau.

Ruth Berolzheimer

# *Let's Produce Everything We Can*

In the everyday life of A NATION AT PEACE, each of us works at the task best suited to our abilities, then exchanges that labor for the results of another's. Thus we secure everything we need for a full life and some overflow.

In A WORLD AT WAR, this exchange is so interfered with that there is no assurance that we shall be able to exchange our work for the fundamentals of living: food, clothing and shelter.

For that reason WE MUST PRODUCE some or all of these ourselves.

Even if farming was part of early experiences, it is wise to seek up-to-the-minute advice before making a fresh start. No country on the globe has at its disposal such a wealth of scientific and practical information for the producers of food, fats, fibre and feed as is available to the resident in the United States of America. From the U. S. Department of Agriculture, through the State Universities down to the County Farm Advisor, there will be put into one's hands bulletin after bulletin telling exactly what to do, when and how to do it. This is true of the feeding and housing of animals as well as the growing of gardens and orchards and the keeping of bees. Prospective beekeepers will contact the Division of Bee Culture, Beltsville Research Center, Beltsville, Md., while those wishing to conserve wild life or restock fishing waters will be equally well served by the Fish and Wild Life Service of the Department of the Interior.

Almost EVERYONE WILL HAVE A GARDEN of some dimensions this year, and many will expand all previous efforts. It is imperative, no matter how much is raised, THAT NOTHING BE WASTED. If you find your family cannot eat it all, or you do not need all you can or preserve, look around for a neighbor or a family, who can use the excess to advantage. If these are amply provided for THERE IS ALWAYS THE HOSPITAL or the Children's Home with empty jars to fill. Their ration points need stretching too.

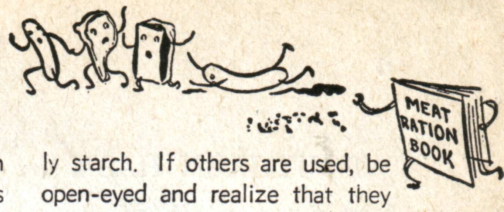
Where space is available, there are several small animals that CAN BE PRODUCED FOR FOOD on the home grounds. Many find it possible and desirable to keep a cow. One animal adds to the milk and butter, but not often to the meat supply. A poultry yard (producing eggs as well) and a rabbit hutch are the simplest and often the most profitable sources of additional meat and fat. If there is a pond, ducks and geese may be added with advantage.

ADDITIONAL FATS AND OILS will largely be what you render yourself. Those who live in the peanut growing country will find it profitable to grow goobers for the oil that can be pressed from them. Remember to return to your butcher all fats and oils that have served you well and are ready for discard.

Fortunately for this country the last several years have seen many LAKES AND STREAMS GENEROUSLY RESTOCKED with fish. All are protected by State laws. Be conscientious about using all you take. If the catch is large, SMOKE OR PICKLE THE EXCESS for use later in the season.

This is certainly the time when group action can be most EFFECTIVE IN PRODUCING FOOD. Neighbors may be able to produce more of everything than could any one alone. Such equipment as smoke houses should be used on a cooperative basis. Pressure cookers ought to be in use every day by some one of the group and so should kraut cutters and other pieces.

# WHAT TO DO ABOUT MEAT




Those families whose habit it is to eat little meat will be amply supplied by the most severe rationing. Those who like a generous amount of meat will need to make definite plans if the needs of every member of the family are to be met. Perhaps some individuals could reduce their portion with benefit. Men, and especially women, in later middle age might be happier for the replacement of some of the red meats with fowl, fish, eggs or cheese. This will add some to the ration for the hard-working bread winner and the growing children, especially those in late adolescence when appetites are keen from bodies growing and developing rapidly. Grown-ups will need to see to it that the small children get their full share, lest the hungrier older ones crowd them out.

Variety meats need few ration points and the family that uses them generously will be on the plus side of the health ledger, since all of these have valuable vitamins and minerals, not always found in muscle meats. Tripe is now known to be a preventative and cure for some anemias.

One of the important points to remember in "meat stretching" is that meat provides protein for building tissue. Whatever "stretchers" are used must also provide protein in some form. Hence, use fish, chicken, eggs or cheese as alternatives or where possible in combination. If vegetables or cereals are used, be sure they supply protein. Corn, beans, peas, soybeans and Limas and the whole grains are safer than cereals whose cargo is largely starch. If others are used, be open-eyed and realize that they are substitutes and not protein alternatives.

If there is room and facilities, develop a victory poultry yard and a victory rabbit hutch. Poultry and rabbits will yield meat and the hen house provides eggs. Your Farm Advisor, State University or the U. S. Department of Agriculture will advise you on details and your local situation.

But let's be awake to the fact that we are raising FOOD, not just filling in our spare time. Perhaps this is the place for group planning and producing, one family raising the garden, another poultry and a third rabbits; pooling their expenses and results.

***Veal birds with savory stuffing save ration points and please the whole family too***

## VEAL BIRDS

**1½ pounds veal steak**
**½ cup soft bread crumbs**
**2 tablespoons fat, melted**
**2 tablespoons grated onion**
**⅛ teaspoon each sage, nutmeg and pepper**
**½ teaspoon salt**
**¼ cup water (about)**
**¼ cup flour**
**¼ cup fat**
**1 cup milk**

Wipe meat; remove skin, fat and bone; cut into 6 pieces 4x2 inches. Combine crumbs, fat, onion and seasonings. Add just enough water to moisten. Spread stuffing over center of each piece of meat. Roll and fasten with toothpicks or tie with string. Dredge with flour; brown in hot fat; add milk. Cover; simmer 30 minutes, or until tender. Serves 6.

Instead of milk use brown gravy or white sauce.

Use beef instead of veal.

## SOUTHERN HASH

**1 cup chopped cooked beef**
**2 cups chopped cooked potatoes**
**3 tablespoons chopped onion**
**1 cooked beet, chopped**
**½ teaspoon salt**
**⅛ teaspoon pepper**
**1 tablespoon milk**
**6 eggs**
**1 tablespoon fat**

Mix together first 7 ingredients and 1 slightly beaten egg. Chill mixture and divide into 6 equal parts. Shape into balls with back of spoon and make a depression or deep well in top of each. Place in greased baking pan. Break an egg into each depression. Dot with fat and sprinkle with additional salt and pepper. Bake, covered, in slow oven (325°F.) 25 to 30 minutes, or until eggs are set. Serves 6.

Add chopped parsley to hash.

***Sliced stuffed olives and pimiento bits make funny faces of pickled peaches to serve with the meat roly-poly***

## PORCUPINE BALLS

**1 cup uncooked rice**
**1 pound beef, ground**
**½ small onion, chopped**
**1½ teaspoons salt**
**⅛ teaspoon pepper**
**2 tablespoons chopped green pepper**
**1 cup water**
**2 cups cooked tomatoes**

Wash rice in several waters, then soak in warm water 6 to 8 hours. Drain well and mix thoroughly with beef, onion, salt and pepper. Shape into small balls. Combine green pepper, water and tomatoes; heat to boiling and add meat balls. Cover tightly and simmer 1 hour or until rice is cooked. Serves 6.

## MEAT ROLY-POLY

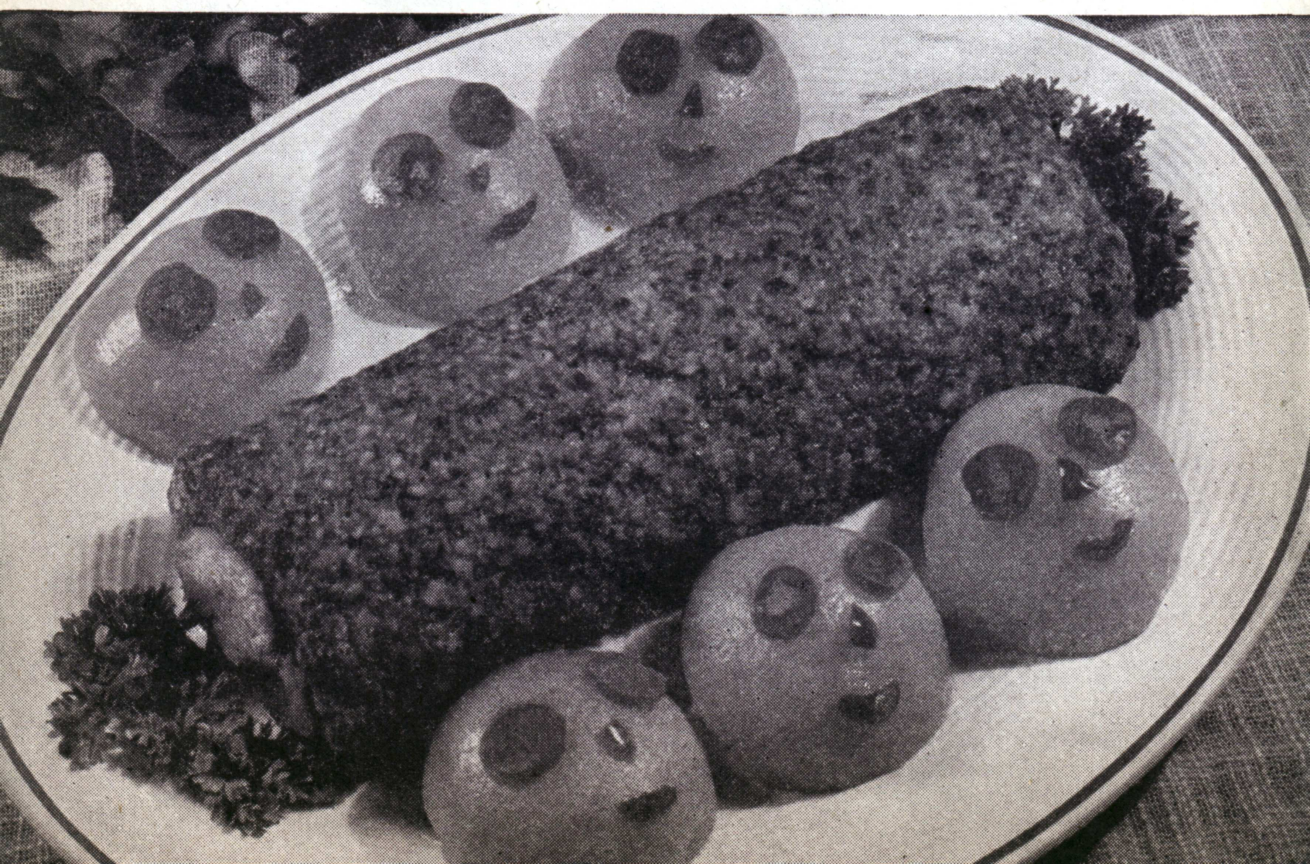
**½ pound ground beef**
**½ pound ground pork**
**½ pound ground veal**
**1 egg, beaten**
**1½ teaspoons salt**
**⅛ teaspoon pepper**
**Bread Stuffing**

Combine meat, egg, salt and pepper and mix thoroughly. Place on waxed paper and pat to rectangular shape about ½ inch thick. Spread with bread stuffing and roll as for jelly roll. Bake in a moderate oven (350°F.) 2 hours. Serve with tomato sauce to which chopped ripe olives or mushrooms have been added or with brown gravy. Serves 6.

## BREAD STUFFING

**¼ cup raisins**
**3 cups bread cubes**
**¼ cup minced onion**
**¼ cup chopped celery**
**2 tablespoons chopped parsley**
**½ teaspoon salt**
**⅛ teaspoon pepper**
**½ teaspoon sage**
**½ cup soup stock**

Combine first 8 ingredients and mix thoroughly. Add enough soup stock to make a mixture that will hold together. Chopped nuts may be added to stuffing, if desired.



## PORK RING

**1 pound ground pork shoulder**
**1½ cups fine cracker crumbs**
**1½ cups milk**
**1 teaspoon onion juice**
**1 teaspoon salt**
**½ teaspoon paprika**
**Pimiento strips**
**Green pepper strips**

Mix first 6 ingredients together thoroughly. Line a greased ring mold with alternating strips of pimiento and green pepper. Pack meat mixture carefully into mold. Bake in a moderate oven (350° F.) 1½ hours. Serves 6.

## STUFFED PEPPERS

**6 green peppers**
**¾ cup ground cooked pork**
**¼ cup milk or stock**
**2 cups cooked rice**
**½ teaspoon paprika**
**1 tablespoon grated onion**
**1 teaspoon salt**
**⅛ teaspoon pepper**
**1 cup hot water**

Parboil green peppers 5 minutes, drain and plunge into cold water. Remove caps and seeds. Mix next 7 ingredients together and fill peppers. Place in baking dish, add water. Bake in hot oven (400°F.) 45 minutes or until peppers are tender. Serves 6.
If desired serve with tomato or mushroom sauce.

## MEAT À LA CREOLE

**1½ pounds lean beef, pork, veal or lamb**
**2 tablespoons fat**
**1 cup minced onion**
**1 (10½-ounce) can condensed tomato soup**
**¾ cup water**
**1 tablespoon vinegar**
**¾ teaspoon salt**
**⅛ teaspoon pepper**
**½ cup minced green pepper**
**¾ cup evaporated milk, heated**
**3 cups hot cooked brown rice**

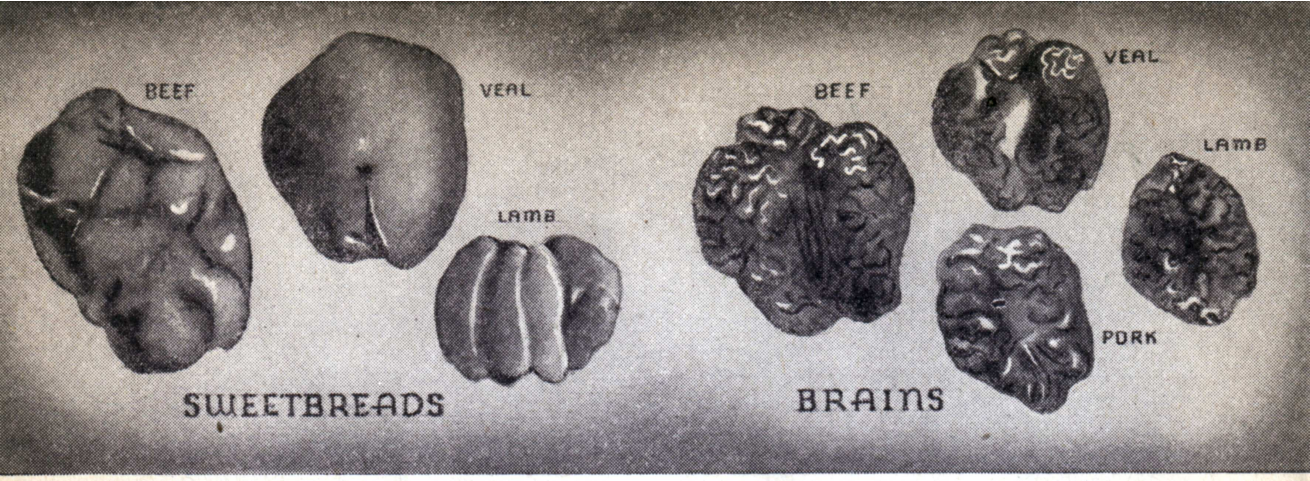
Cut meat into 1-inch cubes. Brown on all sides in hot fat. Add onion and simmer 5 minutes. Stir in soup, water, vinegar, salt and pepper. Cover tightly and simmer 1 hour or until meat is tender. Add green pepper and cook 5 minutes longer. Remove from heat and stir into hot milk. Do not cook after combining. Serve at once in hot rice nests. Serves 6.

***For Red Cross luncheons share the meat with spinach-filled tongue rolls baked in tangy horse-radish sauce***

## TONGUE ROLLS

**12 slices boiled tongue**
**2 pounds spinach**
**2 tablespoons melted butter**
**1 teaspoon salt**
**⅛ teaspoon pepper**
**1 tablespoon flour**
**4 tablespoons grated horse-radish**
**1 cup top milk**

The tongue slices should be ⅛ inch thick and unbroken. Carefully wash spinach. Remove stems and cook covered with only the water which clings to the leaves. Cook only until leaves wilt. Drain well. Chop fine. Add melted butter and seasonings. Place a spoonful of spinach on each slice of tongue. Roll and fasten with a wooden pick. Place in a greased baking dish or casserole. Combine flour, horse-radish and milk and pour over tongue. Cover. Cook in moderately hot oven (400°F.), 20 minutes. Serves 6.




***This is what you will find in the market when you go to buy the variety meats***

## PRECOOKING BRAINS AND SWEETBREADS

Brains and sweetbreads must be precooked as soon after purchasing as possible. Remove membranes. Simmer 20 minutes in water to which 1 teaspoon salt and 1 tablespoon lemon juice or vinegar have been added to each quart of water used. If not to be used at once, chill in the acidulated water in which they were cooked. Prepare for serving as desired. Brains and sweetbreads may be used in the same way.

## BROILED SWEETBREADS

**3 pairs sweetbreads, precooked**
**Salt, Pepper**

Cut sweetbreads into halves crosswise, sprinkle with salt and pepper and broil in hot broiler about 10 minutes, turning to brown both sides. Spread with butter or bacon drippings and serve at once. Serves 6.

## BRAINS AND SCRAMBLED EGGS

**1 pound brains, precooked**
**3 tablespoons fat**
**¼ cup minced parsley**
**2 teaspoons grated onion**
**6 eggs, beaten**
**6 tablespoons water or milk**
**2 teaspoons salt**
**6 slices toast**

Chop brains; brown in fat with parsley and onion. Add eggs, water and salt. Cook slowly until set. Serve on toast. Serves 6.

**KIDNEYS**—Use 1 pound kidneys instead of brains.

## TRIPE

Fresh tripe is always cooked before you get it, but requires additional cooking. Pickled tripe requires a shorter cooking time. Cook in water to cover and simmer until tender, at least 1 hour. Pickled tripe is soaked in salted water 15 minutes before cooking to remove vinegar. Serve in Creole or Spanish sauce, or dip in batter and sauté.

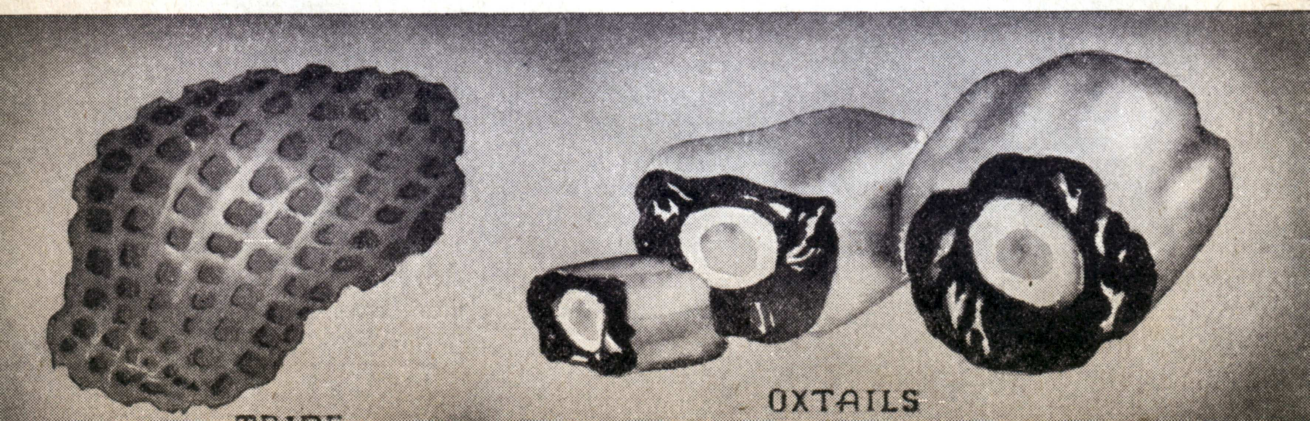
## PHILADELPHIA PEPPER POT

**1 onion, chopped**
**1 green pepper, chopped**
**4 tablespoons fat**
**2 quarts soup stock or 2 quarts water and 6 bouillon cubes**
**1 pound tripe, shredded**
**1 teaspoon salt**
**½ teaspoon pepper**
**1 cup diced potatoes**
**2 tablespoons flour**
**2 tablespoons fat**
**½ cup evaporated milk**

Add onion and green pepper to hot fat and cook gently for 5 minutes. Add soup stock, tripe, salt and pepper and heat to boiling. Add potatoes and simmer 1 hour. Thicken with flour and fat which have been mixed together. Just before serving add evaporated milk. Serves 6.

If desired, add celery, beets or cooked tomatoes. Dumplings may be cooked on top of soup the last 20 minutes.

***V . . . for Vitamins in Variety meats—the thriftiest nutritional buy in the market***



## HEART CHOP SUEY

**3 veal hearts**
**¼ cup flour**
**1½ teaspoons salt**
**¼ teaspoon pepper**
**¼ cup fat**
**1 quart stock or mushroom liquor and celery stock**
**1 large stalk celery, diced**
**6 white onions, sliced**
**1 cup mushrooms**
**1 tablespoon Worcestershire sauce**
**1 tablespoon soy sauce**
**Bamboo shoots, as desired**
**Bean sprouts, as desired**

Wash hearts in cold water, trim out heavy veins and arteries. Cut into ¼ inch thick slices, then into narrow strips. Dredge with flour, salt and pepper. Brown in 2 tablespoons hot fat. Add stock and simmer until meat is tender, about 1½ hours. Cook celery. Brown onions and mushrooms in remaining hot fat. Add remaining ingredients, and heat thoroughly. Thicken stock if necessary. Serve on hot rice. Serves 6.

## HEART PATTIES

**1½ pounds heart**
**1 onion, 1 teaspoon salt**
**¼ teaspoon pepper, ¼ cup flour**
**4 tablespoons fat**

Wash heart; remove veins and arteries. Cut heart in pieces; grind with onion, using fine blade. Add salt and pepper. Mix thoroughly. Shape into 6 very thin patties. Dredge with flour and brown slowly on both sides in hot fat. Serves 6.

## HEART AND VEGETABLE PIE

**1½ pounds heart**
**4 cups water**
**2¼ teaspoons salt**
**¾ cup sliced onions**
**2 tablespoons melted fat**
**¾ cup diced carrots**
**¾ cup green beans**
**¾ cup diced celery**
**¼ teaspoon pepper**
**2 tablespoons quick-cooking tapioca**
**¾ teaspoon Worcestershire sauce**
**Baking powder biscuit dough, using 1 cup flour**

Wash heart; remove veins and arteries. Cut into 6 pieces. Add water and 1 teaspoon salt. Simmer 1½ hours or until heart is tender. Drain and measure 2½ cups stock. Remove fat from heart and cut heart into ¼-inch slices. Brown onions and heart in fat. Cook vegetables in stock until just tender. Drain; measure liquid and add water to make 2 cups. Add heart, onions and liquid to vegetables. Add pepper, tapioca, Worcestershire sauce and remaining salt. Heat to boiling. Turn into greased casserole. Roll biscuit dough ¼ inch thick; make slits to allow steam to escape. Fit over mixture in casserole. Bake in hot oven (450°F.) 20 minutes, or until browned. Serves 6.

**IN RICE RING**—Serve meat and vegetable mixture in a ring of cooked rice instead of baking in a casserole with biscuits.

## TONGUE

Tongue is sold fresh, pickled or corned, and smoked. Wash tongue thoroughly in warm water and remove blood vessels and clotted blood from fresh tongue. Soak pickled or smoked tongue several hours before cooking. After tongue is cooked tender, remove skin and cut away roots. If it is to be served cold, allow it to cool in the water in which it was cooked.

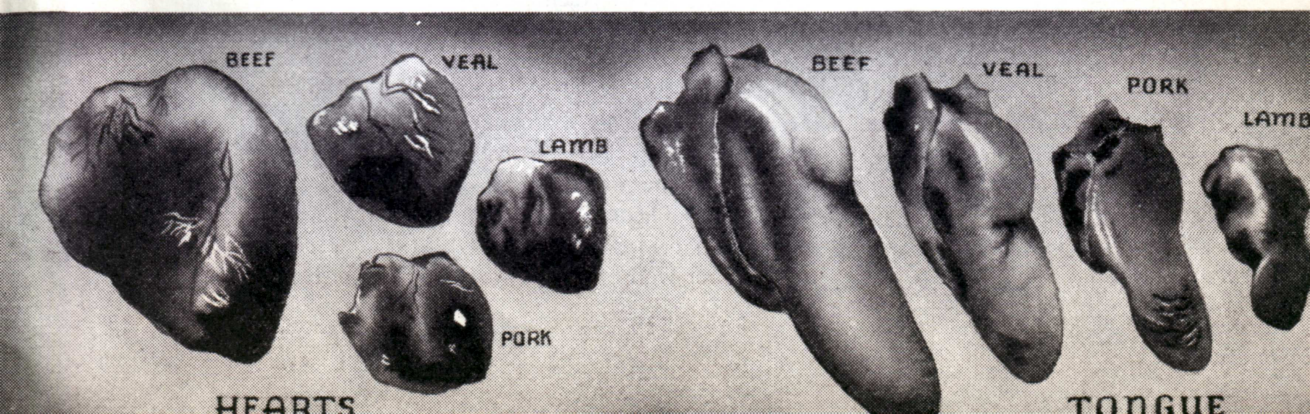
**FRESH TONGUE**—Cover with water, add 1 teaspoon salt for each quart of water and simmer until tender. Allow 3 to 4 hours for large beef tongues, 1 to 1½ hours for pork, lamb or veal.

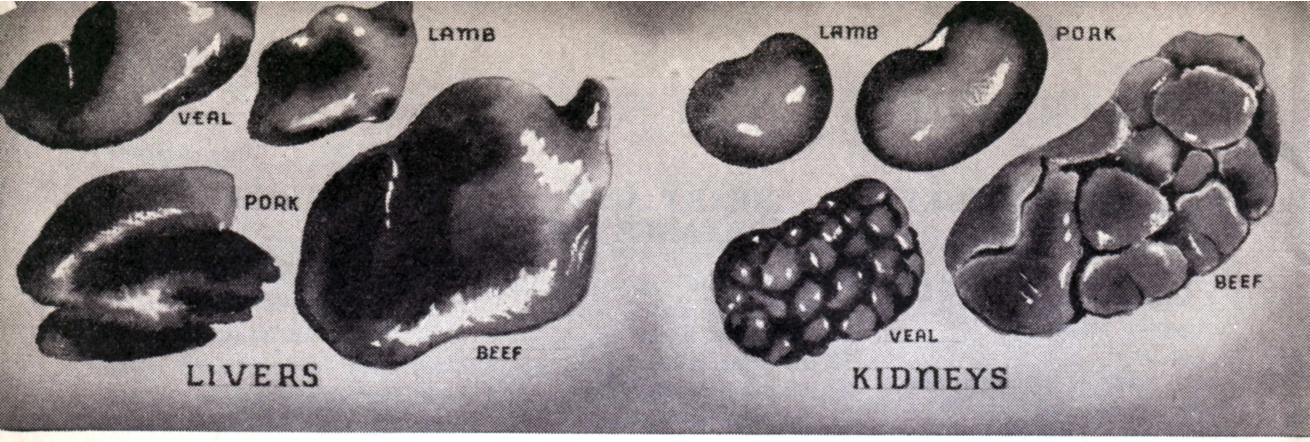
## PICKLED TONGUE

**¼ teaspoon saltpeter**
**2 quarts water**
**1 cup salt**
**2 tablespoons sugar**
**2 cloves garlic**
**½ teaspoon paprika**
**½ tablespoon mixed spices**
**1 beef tongue**

Dissolve saltpeter in ½ cup warm water. Add remaining water, salt, sugar, garlic (sliced), paprika and spices. Place tongue in crock and cover with liquid. Cover with plate and weight down so that tongue remains covered. Let stand 3 weeks, turning occasionally. Cook as above.

***You can match the size of the tongue or heart you buy to your family's taste***






***Liver and kidneys are richest in Vitamin A and the blood building factors***

## PREPARATION OF KIDNEYS FOR COOKING

Wash and remove outer membrane of kidneys. Split through center and remove fat and heavy veins.

## BEEF AND KIDNEY STEW

**1 beef kidney**
**1 pound beef shank or neck meat**
**1 tablespoon flour**
**2 tablespoons fat**
**4 cups hot water**
**2 tablespoons Worcestershire sauce**
**1 tablespoon salt**
**¼ teaspoon pepper**
**1 cup sliced carrots**
**1 cup sliced onions**
**1 cup cubed potatoes**
**2 tablespoons minced parsley**
**¼ cup flour**
**½ cup cold water**

Cut kidney into small pieces. Cut beef shank meat into 1-inch cubes. Roll in flour and brown in fat. Add kidney, hot water, Worcestershire sauce, salt and pepper. Cover and simmer 1¼ hours. Add carrots, onions and potatoes. Continue cooking 30 minutes. Add parsley. Thicken stew with flour blended with cold water. Serves 6.

**HEART**—Use heart instead of beef listed.

**LIVER**—Use liver instead of kidney listed.

## KIDNEY IN CREOLE SAUCE

**1 beef kidney or 6 lamb kidneys**
**3 tablespoons flour**
**3 tablespoons fat**
**1 onion, chopped**
**1 teaspoon salt**
**⅛ teaspoon pepper**
**1 cup cooked tomatoes**
**½ cup water**

Cut kidney into ½-inch slices. Dredge with flour and brown in hot fat. Add onion and cook until browned. Add remaining ingredients. Cover. Cook 30 minutes. Serve with cooked rice. Serves 6.

## STEAK AND KIDNEY PIE

**½ pound kidney**
**1 pound steak (beef or veal)**
**1 onion, sliced**
**3 tablespoons fat**
**1½ teaspoons salt**
**⅛ teaspoon pepper**
**1 tablespoon Worcestershire sauce**
**½ teaspoon ginger**
**2 cups boiling water**
**1 tablespoon flour**
**¼ cup cold water**
**Baking powder biscuit dough, using 1 cup flour**

Cut kidney and steak into ½ inch cubes. Brown onion slowly in hot fat. Add meats and brown on all sides. Add salt, pepper, Worcestershire sauce, ginger and boiling water. Simmer 2 hours or until tender. Mix flour with cold water; add to meat and cook until thickened. Pour into greased baking dish or individual casseroles. Cover with baking powder biscuit dough. Make several slits in dough to allow steam to escape. Bake in quick oven (450° F.) 15 minutes, or until browned. Serves 6.

If desired, cut biscuits with a doughnut cutter and place on top of meat.

Pastry may be baked separately and placed on top of meat at serving time.

## STUFFED LIVER

**3 pounds liver**
**Stuffing**
**2 teaspoons salt**
**¼ teaspoon pepper**
**¼ cup flour**
**¼ pound sliced salt pork**

Buy a chunky piece of liver. Wash and dry. Cut a pocket in thickest part. Fill with stuffing. Season and dredge with flour. Place slices of salt pork over liver. Bake, uncovered, in moderate oven (350°F.) 2 hours. For 12.

### STUFFING

**⅓ cup melted fat**
**3 cups fine bread crumbs**
**⅛ teaspoon pepper**
**1 teaspoon sage**
**1 tablespoon minced onion**
**½ teaspoon salt, Water**

Mix ingredients in order given, using enough water to hold crumbs together.

## LIVER SAUSAGE

Brown cubes in butter and serve over hot spaghetti; brown slices in hot fat with sliced sweet onions; or broil on bread.

## LIVER POT ROAST

**¼ cup flour**
**1½ pounds liver, in one piece**
**½ cup fat**
**3 onions, sliced**
**1 teaspoon salt**
**¼ teaspoon paprika**
**1 cup sour cream**
**½ cup water**

Rub flour into liver. Brown in hot fat. Place liver in baking dish. Brown onions in fat and spread over meat. Mix remaining fat with remaining ingredients and pour over meat. Cover, place over low heat or in slow oven (300° F.) and cook gently 1½ hours or until tender. Serves 6.

## LIVER SPOON CAKES

**1 pound liver, sliced**
**1 onion**
**6 crackers**
**1 teaspoon salt**
**⅛ teaspoon pepper**
**2 tablespoons milk**
**1 egg, beaten**
**¼ cup fat**

Dip liver into boiling water; let stand 5 minutes; drain. Grind with onion and crackers. Add seasonings, milk and egg. Mix thoroughly. Drop into hot fat by tablespoonfuls. Brown on both sides until crisp. Serves 6.

## ITALIAN LIVER

**1½ pounds liver**
**2 tablespoons flour**
**1 onion, chopped**
**1 green pepper, chopped**
**¾ cup chopped mushrooms**
**3 tablespoons fat**
**3 cups cooked tomatoes**
**½ clove garlic**
**1½ teaspoons salt**
**⅛ teaspoon pepper**
**3 cups cooked spaghetti**
**Grated cheese**

Dip liver into boiling water; let stand 5 minutes; drain. Cut into cubes and dredge with flour. Brown liver, onion, green pepper and mushrooms in fat. Add tomatoes, garlic and seasonings. Simmer 25 minutes. Serve over spaghetti with grated cheese. Serves 6.

## LIVER ROLLS

**1½ pounds liver**
**½ cup bread crumbs**
**¼ cup uncooked rice**
**¼ cup minced onion**
**¼ cup minced green pepper**
**1 teaspoon salt**
**⅛ teaspoon pepper**
**12 cabbage leaves**
**2 cups cooked tomatoes**
**½ cup diced celery**
**1 tablespoon minced parsley**
**¾ teaspoon salt**
**1 tablespoon minced onion**

Pour boiling water over liver and let stand 5 minutes, drain; grind. Mix with next 6 ingredients. Soften cabbage leaves by dipping them in boiling water. Divide meat and place on leaves. Roll and place in greased casserole, seam side down. Mix remaining ingredients and pour over cabbage rolls. Cover. Bake in moderate oven (350°F.) 1 to 1¼ hours. Serves 6.

***Liver pot roast crusty browned with onions is a mineral-vitamin strike-in-one!***

***Stuffed beef heart is especially attractive served in slices garnished with crisp radish roses and parsley***

## STUFFED HEART

**1 beef heart (4 pounds)**
**2 slices bacon, chopped**
**2 tablespoons chopped onion**
**4 slices bread, coarsely broken**
**1 egg, beaten; 1 teaspoon salt**
**½ teaspoon pepper**
**2 tablespoons fat, 1 cup water**

Wash heart; remove veins and arteries. Fill with stuffing made as follows: brown bacon and onions; add bread crumbs, egg and seasonings. Sew or skewer edges of cavity together. Brown in hot fat. Add water. Cover and cook slowly 3 hours or until tender, adding water as needed. Serves 6.

## HAM HOCKS AND CABBAGE

**6 ham hocks**
**Water**
**1 head cabbage**

Cover ham hocks with water and simmer 2½ to 3 hours. About 15 minutes before hocks are done, add cabbage cut into 6 sections. Continue cooking until cabbage is tender. Save broth for soup stock. Serves 6.

Other vegetables such as potatoes, carrots and turnips may be added with cabbage.

**PIGS' KNUCKLES**—Scrape pigs' knuckles and prepare as above.

## PAN-BROILED PIGS' FEET

**6 pigs' feet**
**2 quarts cold water**
**1 large carrot**
**1 large onion**
**3 stalks celery**
**2 teaspoons salt**
**3 tablespoons whole mixed spices**
**Melted fat**
**Fine bread crumbs**

Cover pigs' feet with cold water, add carrot, onion, celery, salt and spices. Simmer for 4 hours or until tender enough to slip out bones. Drain, remove bones and press into original shape. Place between 2 platters with a weight on top and let cool overnight. Separate, dip in fat, then roll in bread crumbs. Let stand in refrigerator after patting well. Pan-broil to golden brown, turning frequently. Serve with piquant sauce. Serves 6.

## PIQUANT SAUCE

**1 small onion, chopped**
**1 dill pickle, chopped**
**1 tablespoon capers, chopped**
**2 tablespoons vinegar**
**½ teaspoon dry mustard**
**1 cup stock**
**1 tablespoon butter**

Combine first 6 ingredients and simmer until reduced to ⅓ of original volume. Strain. Add butter and serve.

## WARTIME BEEF STEW

**1 pound beef (chuck, neck or shin)**
**5 tablespoons flour**
**2 tablespoons fat**
**1 (10½-ounce) can condensed consommé**
**2⅔ cups hot water**
**1½ cups sliced carrots**
**1½ cups sliced potatoes**
**6 onions, sliced**
**2 teaspoons salt**
**⅛ teaspoon pepper**
**¾ cup cold water**

Cut meat into ¾-inch squares. Dredge with 2 tablespoons of the flour and brown in hot fat. Add consommé and hot water. Cover and simmer 1½ hours. Add carrots, potatoes, onion, salt and pepper. Simmer 30 minutes longer. Mix remaining flour with cold water, add to stew and simmer 10 minutes. Serve garnished with broiled tomato halves, dumplings and green peas. Serves 6.

**LAMB**—Use lamb instead of beef.

**VEAL**—Use veal instead of beef. Celery, green beans or tomatoes may be added if desired.

Cook vegetables whole and use as garnish. Serve meat on hot cabbage leaves.

***You can make yourself famous for a victory special with this wartime beef stew served in crisp cabbage cups***

## BRAISED OXTAILS

**2 oxtails**
**¼ cup flour**
**2 tablespoons fat**
**½ cup minced onion**
**½ clove garlic, minced**
**1 cup water**
**1 cup cooked tomatoes**
**1 teaspoon salt**
**⅛ teaspoon pepper**
**1 teaspoon celery salt**
**4 whole cloves**
**1 bay leaf**
**6 carrots, 3 turnips**
**1 cup peas**
**¼ cup lemon juice**

Cut oxtails in short lengths; roll in flour and brown in fat with onion and garlic. Add water, tomatoes and seasonings. Cover and simmer about 2 hours. Add carrots and turnips and continue cooking 30 minutes longer. Add peas and lemon juice the last 10 minutes of cooking. Serves 6.

***A connoisseur's favorite and a colorful dish, these oxtails braised with garden vegetables***

## LAMB GRILL

**3 cups cooked hominy or whole-kernel corn**
**6 lamb shoulder chops**
**3 lamb kidneys, split**
**Salt and pepper**
**3 tomatoes, sliced**
**2 tablespoons butter**
**6 cooked carrots**

Place drained hominy under broiler rack. On top of rack place chops and kidneys. Broil 4 inches under moderate heat for 6 to 7 minutes. Turn meat and season; dot tomatoes with butter and place on rack. Brush carrots with butter and place on rack. Broil another 6 to 7 minutes. Serves 6.

## BROWN MEAT LOAF

**1 pound ground beef (chuck)**
**¼ pound ground pork**
**¼ cup minced onion**
**1 cup uncooked oatmeal**
**2½ teaspoons salt**
**¼ teaspoon pepper**
**1 teaspoon prepared mustard**
**¼ cup catchup**
**1 egg, well beaten**
**1 cup water**

Combine all ingredients and mix thoroughly. Pack firmly into greased loaf pan. Bake in moderate oven (375°F.) 1 hour. Slice and serve hot or cold. Serves 6.

## WALNUT MEAT BALLS

**1 pound ground beef**
**½ cup soft bread crumbs**
**¾ cup milk**
**1 teaspoon minced onion**
**1 teaspoon salt**
**1 egg**
**¾ cup chopped walnut meats**
**¼ teaspoon paprika**
**1 cup condensed tomato soup**
**1 cup water**

Combine first 8 ingredients in order listed. Shape into balls, place in baking dish and add tomato soup and water. Bake in moderate oven (350°F.) 45 minutes. Serves 6.

Cooked tomatoes may be used instead of tomato soup and water. Serve with mushroom sauce. Bake in loaf pan if desired.

## TAMALE PIE

**¾ cup corn meal**
**2½ cups boiling water**
**1 teaspoon salt**
**¼ cup bran cereal**
**½ clove garlic, minced**
**3 tablespoons fat**
**1 pound ground beef**
**½ cup chopped green pepper**
**2½ cups cooked tomatoes**
**1 tablespoon chili powder**
**1½ teaspoons salt**
**⅛ teaspoon pepper**
**¼ cup grated cheese**

Add corn meal to boiling salted water; cook until thick. Add bran cereal and spread in greased 8-inch baking dish to ¼-inch thickness; cool. Brown garlic in fat; add meat and cook, stirring to break meat into pieces. Add green pepper, tomatoes and seasonings. Simmer until juice from vegetables has partially evaporated, about 15 minutes. Pour into baking dish on top of cooled mush; sprinkle with grated cheese. Bake in moderately hot oven (400°F.) about 15 minutes. Serves 6.

## CHILI CON CARNE

**1 pound cubed meat (beef, pork or veal)**
**1 tablespoon fat**
**¾ cup diced celery**
**3 tablespoons diced onion**
**3 tablespoons diced green pepper**
**½ teaspoon salt**
**¼ teaspoon pepper**
**3 cups cooked tomatoes**
**1 cup water**
**¾ cup uncooked rice**
**2 cups cooked kidney beans**
**1 teaspoon chili powder**

Brown meat in hot fat. Add celery, onion, green pepper, salt, pepper, tomatoes, water and rice. Simmer 1 hour. Add kidney beans and chili powder. Simmer 15 minutes longer. Serves 6.

Soybeans may be used instead of kidney beans.

***A pound of meat will go a long way in this interesting version of a good-neighbor favorite, Mexican tamale pie***

## SCOTCH PANCAKES

**2 cups cooked oatmeal**
**2 cups ground cooked lamb**
**2 eggs, beaten**
**½ teaspoon salt**
**⅛ teaspoon pepper**
**2 tablespoons fat**

Combine oatmeal, meat, eggs, salt and pepper. Mix thoroughly; shape into cakes and brown in hot fat. Serves 6.

## BONES, TRIMMINGS, MEAT DRIPPINGS

**BONES**—Cover bones with water and simmer about 2 hours. Use this stock for soups, stews, gravies, sauces, and as the liquid in cooking dried vegetables, meat loaves, steamed rice, aspic jelly, stuffings, etc.

**TRIMMINGS**—Scraps of meat add flavor to soups, vegetables and stuffings.

**DRIPPINGS**—May be used for frying, sauces, seasonings and as a shortening in biscuits, griddlecakes, waffles, muffins and rolls.

# WHEN FUEL IS SCARCE, WHAT THEN?

We'll all need to save fuel and that means cooking as many dishes as possible with the same amount of heat. Four principal ways are available:

1. **Meals cooked in the oven**
2. **Meals cooked in one burner steamers (page 22)**
3. **Meals cooked in Dutch oven or casserole (page 23)**
4. **Fireless cooker (pages 24-25)**

An oven meal should use the oven to capacity. Choose all dishes that cook at the same temperature and for the same length of time. It is usually best not to include quick-cooking vegetables and desserts, but if you must, they may be added later. Vegetables take about three times as long to cook in the oven as on the top of the range. For steaming vegetables use ½ cup water and a covered pan. Uncover utensils to brown. Desserts with sirup in the pan should be placed on the upper rack.

## PORCH DINNER

Pasties
Harvard Beets  Baked Pears
Fig Pudding

**TEMPERATURE:** 375°F.
**TIME:** 1½ hours. **SERVES:** 6.

## PASTIES

### CRUST

**3 cups sifted flour**
**½ cup shortening**
**1½ teaspoons salt**
**⅔ cup cold water**

Mix as for piecrust. Roll in one large sheet or several small pieces about ⅛ inch thick.

### FILLING

**1 pound round steak, cubed**
**2 large potatoes, cubed**
**3 large carrots, cubed**
**1 large onion, cubed**
**½ teaspoon salt**
**⅛ teaspoon pepper**
**1 teaspoon cold water**

Combine ingredients. Place dough in a large flat pan. Place filling in center. Fold dough over filling, press edges together and seal to retain steam.

## HARVARD BEETS

**½ cup sugar or corn sirup**
**½ cup vinegar or lemon juice**
**1 tablespoon cornstarch**
**¼ cup water**
**3 cups cubed beets**

Mix sugar, vinegar, cornstarch and water. Pour over beets. Place in baking dish; cover.

## BAKED PEARS

Wash 6 firm, unblemished pears. Arrange in baking pan. The baked pears may be served for breakfast.

## FIG PUDDING

**2 cups boiling water**
**1½ cups brown sugar**
**1 cup sifted flour**
**2 tablespoons cocoa**
**2 teaspoons baking powder**
**½ teaspoon salt**
**1 egg, slightly beaten**
**½ cup milk**
**1 tablespoon melted butter**
**1 cup chopped dried figs**
**½ cup chopped nuts**

Place water and 1 cup of the sugar in a 2-quart casserole. Cool. Add remaining sugar to sifted dry ingredients. Combine egg with milk and butter. Add to dry ingredients and beat. Stir in figs and nuts and blend thoroughly. Pour batter into sugar and water mixture. Do not stir. Bake uncovered.

## ENGLISH DINNER

Kidney Loaf
Sweet-Sour Cabbage
Browned Rice
Orange Nut Bread
Cream Puffs

**TEMPERATURE:** 375°F.
**TIME:** 1¼ hours. **SERVES:** 6.

***What's cookin'? An oven meal, the best fuel, time and energy saver there is***

## KIDNEY LOAF

**1 pound kidneys**
**8 slices bread**
**1 green pepper**
**1 small onion**
**1 cup milk**
**¼ cup bacon drippings**
**2 eggs, beaten**
**1½ teaspoons salt**
**¼ teaspoon pepper**
**½ teaspoon sage**

Wash kidneys and remove tubes. Grind kidneys, bread, green pepper and onion together. Combine with remaining ingredients and mix thoroughly. Pack firmly into greased loaf pan.

## SWEET-SOUR CABBAGE

**1 head cabbage, shredded**
**½ cup cold water**
**½ cup vinegar, ¼ cup fat**
**1 teaspoon salt**
**3 tablespoons sugar**

Place all ingredients in baking pan. Cover.

## BROWNED RICE

**1 cup rice**
**3 tablespoons fat**
**1½ teaspoons salt**
**3½ cups water**

Sort rice but do not wash. Cook in fat until browned. Add salt and water. Place in pan. Cover.

## ORANGE NUT BREAD

**3 cups sifted flour**
**⅔ cup sugar**
**4 teaspoons baking powder**
**½ teaspoon salt**
**⅔ cup chopped nuts**
**⅓ cup grated orange rind**
**2 eggs, beaten**
**¼ cup melted shortening**
**2 cups milk**

Sift dry ingredients together; add nuts and orange rind. Mix thoroughly. Combine eggs, shortening and milk. Add to dry ingredients and mix until blended. Pour into greased loaf pan. Makes 1 loaf.

## CREAM PUFFS

**½ cup butter**
**1 cup water**
**1 cup sifted flour**
**4 eggs, unbeaten**

Heat butter and water to boiling. Add flour all at once. Stir vigorously until ball forms in center of pan. Remove from heat and add 1 egg at a time. Beat thoroughly after each addition. Shape on ungreased baking sheet with spoon. Bake until bubbles of moisture disappear, about 1¼ hours. Makes 12 large puffs.

## EL PASO DINNER

Spanish Casserole  Baked Potatoes
Hot Slaw
Individual Lemon Sponge Cups

**TEMPERATURE:** 350°F.
**TIME:** 1 hour
**SERVES:** 6

***These lemon sponge cups are only part of a delectable meal cooked completely in the oven***

## BAKED POTATOES

**6 medium potatoes**
**2 tablespoons fat**

Scrub potatoes; dry; rub with fat.

## LEMON SPONGE CUPS

**2 tablespoons shortening**
**1 cup sugar**
**¼ cup sifted flour**
**¼ teaspoon salt**
**⅓ cup lemon juice**
**Grated rind of 1 lemon**
**3 eggs, separated**
**1½ cups milk**

Cream shortening; add sugar, flour, salt, lemon juice and lemon rind. Add well-beaten egg yolks which have been mixed with milk. Lastly, fold in stiffly beaten egg whites. Pour into greased custard cups. Set cups in pan of water and bake. When done, each cup will contain lemon custard at the bottom of the cup and sponge-cake on top. Cool. Unmold. It makes its own sauce. May be baked in 2-quart casserole.

## SPANISH CASSEROLE

**12 sausage links**
**6 slices bacon**
**6 carrots, diced**
**2 green peppers, chopped**
**2 onions, chopped**
**½ cup tomato catchup**
**½ cup water**

Wrap 2 sausage links in each slice of bacon and fasten with toothpicks. Fry until bacon is crisp, draining fat frequently. Place in casserole with remaining ingredients. Cover; uncover last 15 minutes of baking to brown.

## HOT SLAW

**½ head cabbage, shredded**
**¼ cup water**
**¼ cup vinegar**
**2 tablespoons fat**
**1 teaspoon salt**
**3 tablespoons sugar**

Place all ingredients in baking pan. Cover.

## HI-VITAMIN DINNER

Liver Loaf
Corn Pudding
Buttered Green Beans
Fruit Spicecake Baked Apples, 2

**TEMPERATURE:** 350°F.
**TIME:** 1 hour
**SERVES:** 6

## LIVER LOAF

**1½ pounds liver**
**1½ cups thick white sauce**
**3 tablespoons mashed potatoes or cooked rice**
**¼ teaspoon paprika**
**1 teaspoon onion juice**
**⅛ teaspoon pepper**
**½ teaspoon salt**
**1 teaspoon lemon juice**

Cook liver in water to cover 5 minutes; then grind. Combine liver, white sauce, mashed potatoes and seasonings. Pack into greased bread pan.

## CORN PUDDING

**3 cups cooked corn**
**3 eggs, beaten**
**1 cup milk**
**1 teaspoon salt**
**⅛ teaspoon pepper**
**2 tablespoons fat**

Combine all ingredients and pour into greased casserole. If desired, place strips of pimiento or green pepper on top.

## BUTTERED GREEN BEANS

**1½ pounds green beans, slivered**
**½ cup water**
**3 tablespoons fat**
**½ teaspoon salt**
**⅛ teaspoon pepper**

Place all ingredients in casserole. Cover.

## FRUIT SPICECAKE

### CAKE

**½ cup shortening**
**½ cup sugar**
**2 eggs**
**1 cup sifted flour**
**1 teaspoon baking powder**
**½ teaspoon salt**
**1 teaspoon cinnamon**
**½ teaspoon lemon extract**

### TOPPING

**1½ cups sliced fruit, drained**
**½ cup sugar**
**1 teaspoon cinnamon**

Cream shortening, add sugar and cream until light and fluffy. Add eggs, one at a time, and beat well. Add flour which has been sifted with baking powder, salt and cinnamon. Add flavoring. Mix thoroughly. Pour into greased pan. Place fruit on batter and sprinkle sugar and cinnamon over top. Fresh, cooked, or canned fruit may be used.
Serve with sauce or cream.

***Bits of fruit and nuts add an artful touch to cinnamon-glazed baked apples***

## P T A LUNCHEON

Cheese Soufflé Baked Tomatoes
Plum Sauce Chocolate Brownies

**TEMPERATURE:** 350°F.
**TIME:** 30 minutes. **SERVES:** 6.

## PLUM SAUCE

**2 pounds plums**
**1 cup water**
**½ to ¾ cup sugar**

Place washed plums in baking pan. Add water and sugar. Cover.

## CHEESE SOUFFLÉ

**2 tablespoons fat, melted**
**3 tablespoons flour**
**½ teaspoon salt**
**1 cup milk**
**1 cup grated Cheddar cheese**
**3 eggs, separated**

Make a thick white sauce by blending fat, flour, salt and milk. Cook until thickened, stirring constantly. Add cheese and cool slightly. Beat yolks until thick and add to cooled cheese mixture. Fold in stiffly beaten egg whites. Pour into greased baking dish and set in pan of hot water to bake.

## BAKED TOMATOES

**6 medium tomatoes**
**1 teaspoon prepared mustard**
**2 tablespoons minced onion**
**1 tablespoon Worcestershire sauce**
**¼ teaspoon salt**
**1 tablespoon sugar**

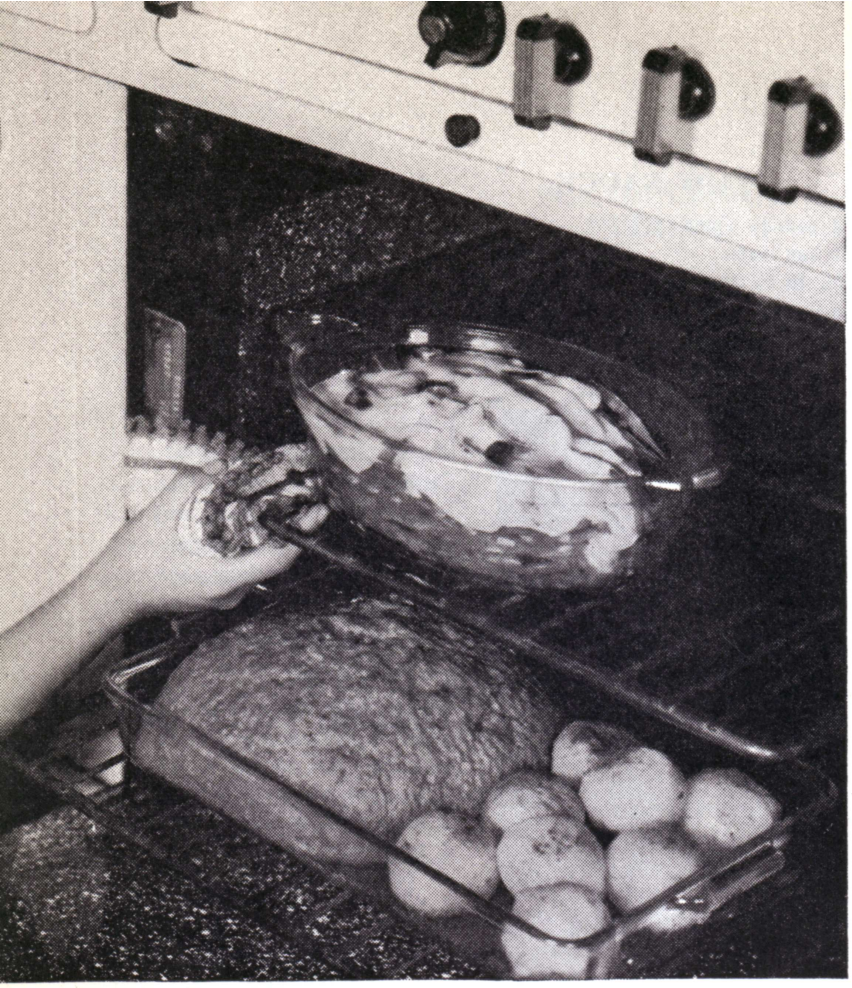
Remove stem end from tomatoes and cut in half crosswise. Spread with remaining ingredients. Place in baking pan.

## CHOCOLATE BROWNIES

**½ cup melted shortening**
**1 cup sugar**
**2 eggs, beaten**
**¼ teaspoon salt**
**¾ cup sifted flour**
**½ teaspoon baking powder**
**2 ounces (squares) chocolate, melted**
**1 cup chopped nuts**
**1 teaspoon vanilla**

Cream shortening and sugar, add eggs and beat thoroughly. Sift dry ingredients together. Add creamed mixture, chocolate, nuts and vanilla. Pour into greased pan. Makes 2 dozen.

***You will smile too when this cheese soufflé comes out of the oven to serve a waiting family***



## MEATLESS DINNER

Peanut and Carrot Mold
Onions au Gratin  Bran Bread
Peach Polly

**TEMPERATURE:** 350°F.
**TIME:** 1 hour. **SERVES:** 6.

## PEANUT AND CARROT MOLD

**2 tablespoons fat**
**3 tablespoons flour**
**1½ cups cooked tomatoes**
**2 cups chopped roasted peanuts**
**2 cups chopped carrots**
**1 cup dry bread crumbs**
**¼ cup minced parsley**
**1½ teaspoons salt, Dash pepper**

Melt fat, blend in flour and add tomatoes gradually, stirring constantly. Add remaining ingredients. Pack firmly into greased mold, surround with potatoes.

***Pop this dinner into the oven, set the thermostat and forget about it for an hour!***

## ONIONS AU GRATIN

**6 onions**
**2 tablespoons fat**
**2 tablespoons flour**
**1 cup milk**
**½ teaspoon salt**
**⅛ teaspoon pepper**
**⅓ cup grated cheese**
**⅓ cup cracker crumbs**

Pour boiling water over onions, let stand 10 minutes, drain, rinse in cold water, peel and place in greased casserole. Melt fat and stir in flour. Gradually add milk and cook until thickened. Add salt and pepper; pour over onions. Sprinkle grated cheese, mixed with cracker crumbs, over top. Do not cover. Serve garnished with paprika or minced parsley.

## BRAN BREAD

**¼ cup shortening**
**½ cup sugar**
**¼ cup molasses**
**1 egg, beaten**
**¾ cup milk**
**1½ cups bran**
**1½ cups sifted flour**
**4½ teaspoons baking powder**
**1 teaspoon salt**

Cream shortening and add sugar; add molasses and egg. Beat. Add milk and bran; beat well. Sift dry ingredients and add to egg mixture. Blend. Pour into greased bread pan. Makes 1 loaf.

## PEACH POLLY

**2 cups fresh or cooked peaches**
**⅓ cup quick-cooking tapioca**
**1 tablespoon lemon juice**
**1 teaspoon lemon rind**
**¼ cup sugar**
**1 tablespoon butter**
**2 cups water or peach juice**

Arrange peaches in bottom of greased baking dish. Sprinkle with tapioca, lemon juice, rind, sugar and dot with butter. Add water and cover.

## QUICK DINNER

Individual Meat Rings
Steamed Diced Potatoes
Tomato Casserole
Steamed Breakfast Fruit
Apple Roll

**TEMPERATURE:** 375°F.
**TIME:** 45 minutes
**SERVES:** 6

## STEAMED DICED POTATOES

**6 potatoes, diced**
**½ cup water**
**3 tablespoons fat**
**¼ teaspoon salt**
**¼ teaspoon pepper**

Place ingredients in pan; cover.

## INDIVIDUAL MEAT RINGS

**¾ pound ground beef**
**½ pound ground pork**
**¾ cup soft bread crumbs**
**1 egg, slightly beaten**
**½ cup milk**
**2 tablespoons minced onion**
**1½ teaspoons salt**
**¼ teaspoon pepper**
**⅛ teaspoon poultry seasoning**
**3 slices bacon, cut lengthwise**

Mix all ingredients, except bacon, together. Line sides of muffin pans with bacon. Pack meat mixture into pans. Be careful not to fill pans too full or grease will run over.

## TOMATO CASSEROLE

**2½ cups tomatoes**
**2 tablespoons flour**
**¾ cup diced celery**
**½ cup diced green peppers**
**1 teaspoon salt**
**¼ teaspoon pepper**
**1 tablespoon butter**
**1 large onion, chopped**
**Buttered bread crumbs**

Make a paste of a little tomato juice and flour. Add to tomatoes. Add other ingredients except crumbs. Pour into casserole. Sprinkle with crumbs. Cover.

## APPLE ROLL

**3 cups sifted flour**
**4 teaspoons baking powder**
**1 teaspoon salt**
**½ cup sugar**
**½ cup shortening**
**1 egg, beaten**
**½ cup milk (about)**
**2 cups pared, sliced apples**

Sift dry ingredients together. Blend with shortening. Add egg and mix well. Add enough milk to make the consistency of biscuit dough. Roll out to ½-inch thickness on a well-floured board. Roll to strip about 6-inches wide. Spread apples over dough, adding cinnamon, if desired. Roll as a jelly roll. Place on well-greased baking pan.

## HARVEST DINNER

Sausage 'N' Squash
Cheese Potatoes Spiced Peaches
Cherry Cobbler

**TEMPERATURE:** 375°F.
**TIME:** 1¼ hours
**SERVES:** 6

## SAUSAGE 'N' SQUASH

**1 pound bulk pork sausage**
**3 acorn squash**
**½ teaspoon salt**
**⅛ teaspoon pepper**

Divide sausage into 6 patties. Wash squash, split lengthwise, remove seeds and sprinkle with salt and pepper. Fill with sausage patties. Place on flat pan.
If desired use link sausage instead of bulk. Add diced onion.

## CHEESE POTATOES

**6 potatoes**
**½ teaspoon salt**
**2 tablespoons flour**
**¼ cup grated American cheese**
**1½ cups milk**

Pare and slice potatoes. Place a layer in greased casserole. Sprinkle with salt, flour and cheese. Repeat. Pour milk over top. Cover. If desired, add minced onion, green pepper or pimiento.

## BREAKFAST FRUIT

Wash desired dried fruit. Place in pan and add water (2 parts water to 1 part fruit). Cover.

## SPICED PEACHES

**3 cups cooked peaches**
**¼ teaspoon dry mustard**
**⅛ teaspoon cloves**
**⅛ teaspoon cinnamon**
**1 tablespoon vinegar**

Place peaches in baking pan Mix other ingredients with peach juice and pour over peaches. Cover.

## CHERRY COBBLER

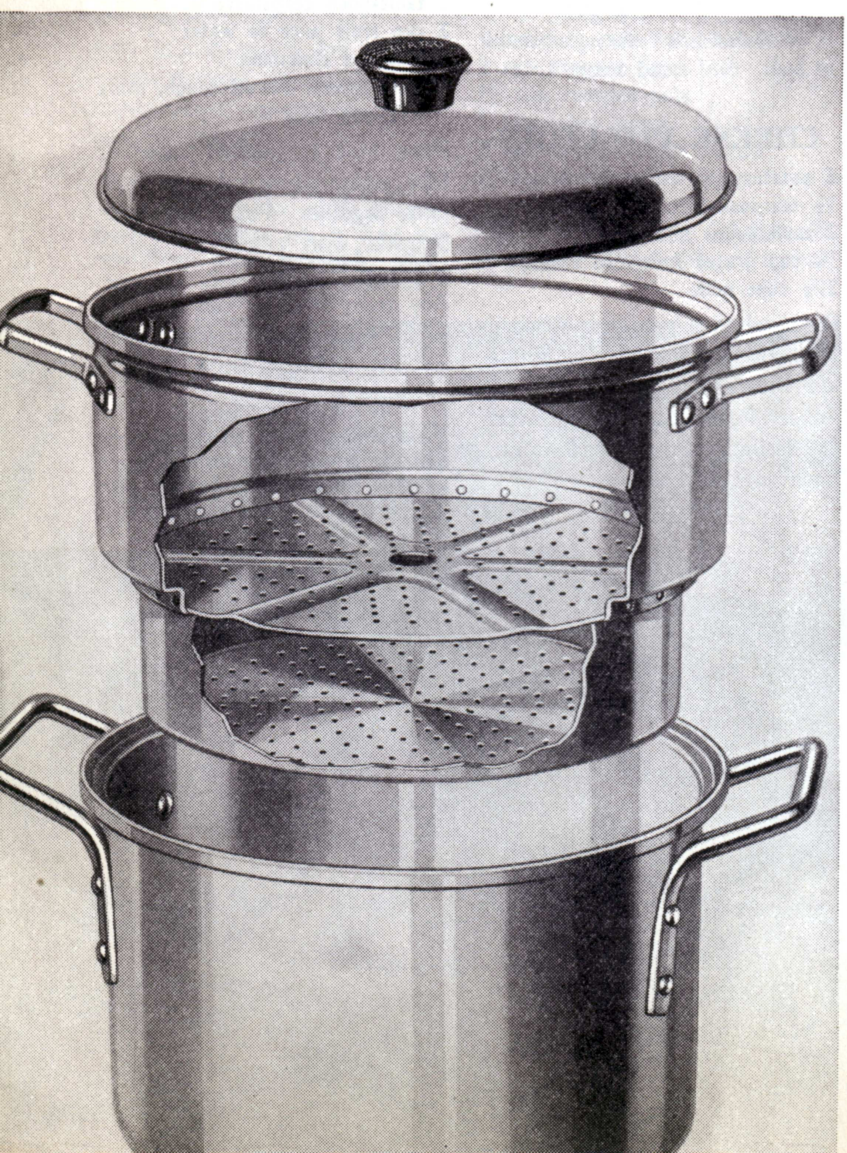
**2 cups cooked tart cherries**
**½ cup sugar**
**1 tablespoon cornstarch**
**1 cup fruit juice or water**
**1 teaspoon cinnamon**
**Baking powder biscuit dough, using 1 cup flour**

Place fruit in greased casserole. Mix sugar, cornstarch and fruit juice together. Pour over fruit. Sprinkle with cinnamon. Cover with biscuit dough.
Any fruit, fresh or canned, may be used instead of cherries. Serve warm with desired sauce.

***This spicy rich cherry cobbler is a quickly made part of the oven-meal design for ration stamp saving***

## STEAMERS

Steamers are fuel savers as a number of different foods may be cooked over one unit of heat at the same time. A braised meat, vegetables and a dessert may be cooked at one time. Served with a green salad and a bread this makes a complete meal. This method of cooking is adapted to foods which require moist heat. There must be a constant circulation of steam or else there will be a mixture of flavors. The steam may come from the stew cooking in the bottom of the container or from water, depending upon the meal being cooked.



## STEAMED VEGETABLE LUNCHEON

**STEAM:** 45 minutes **SERVES:** 6

**6 onions, 6 carrots**
**6 potatoes, 6 turnips**
**1 pound green beans**

Place water in bottom of steamer with rack in place. When water is boiling arrange prepared vegetables on rack. Cover. Steam 40 to 50 minutes. Do not remove cover during steaming. Keep water at boiling point.

Serve with butter or sauce.

## FAMILY DINNER

Braised Liver With Vegetables
Blackberry Pudding

**STEAM:** 1½ hours **SERVES:** 6

## BRAISED LIVER WITH VEGETABLES

**1½ pounds liver**
**3 tablespoons flour**
**1 teaspoon salt**
**⅛ teaspoon pepper**
**⅓ cup fat**
**3 carrots, cubed**
**6 potatoes, sliced**
**1 onion, diced**
**2 cups tomato juice**
**1½ cups boiling water**

Cut liver into 2-inch squares. Roll in flour, salt and pepper. Brown in fat in steamer kettle. Add remaining ingredients. Place dessert on rack above liver and vegetables.

## BLACKBERRY PUDDING

**¼ cup shortening**
**¾ cup sugar**
**1 cup sifted flour**
**¼ teaspoon salt**
**1 teaspoon baking powder**
**¼ cup milk**
**2 egg whites, stiffly beaten**
**1 teaspoon vanilla**
**3 cups blackberries**

Cream shortening and stir in ½ cup sugar gradually. Sift dry ingredients together and add alternately with milk to first mixture. Fold in egg whites and add vanilla. Mix blackberries with remaining sugar. Place in bottom of greased pudding pan. Pour batter over top. Cover pan.
Red raspberries, blueberries or strawberries may be used.

***Lucky is she who has a steamer in her pantry . . . new homemakers will find some in glass or pottery***

## CLUB LUNCHEON

Steamed Lamb Ring
Olive Sauce Vegetables
Gooseberry Jam Pudding

**STEAM:** 2 hours **SERVES:** 6

## LAMB RING

**1½ pounds ground lamb**
**1½ cups moist bread crumbs**
**2 teaspoons prepared mustard**
**2 teaspoons Worcestershire sauce**
**1 teaspoon salt**
**¼ cup chopped onion**
**2 tablespoons fat, melted**

Combine all ingredients. Mix well. Pack into greased pan. Place on rack of steamer. Pour 1 cup water into steamer kettle. Around pan place any vegetables desired (string beans, turnips, etc.). Serve with olive sauce.

## OLIVE SAUCE

**1½ tablespoons fat**
**1½ tablespoons flour**
**1 cup milk**
**3 tablespoons sliced stuffed olives**
**½ tablespoon Worcestershire sauce**
**½ cup cooked peas**
**¼ teaspoon salt**
**Paprika**
**½ tablespoon chopped green pepper**

Melt fat and blend in flour. Add milk gradually, stirring constantly and cook until thickened. Add remaining ingredients. Cook slowly 5 minutes.

## GOOSEBERRY JAM PUDDING

**⅔ cup sifted flour**
**⅔ cup sugar**
**2 teaspoons baking powder**
**¼ teaspoon salt**
**⅔ cup bread crumbs**
**2 eggs, slightly beaten**
**⅓ cup melted shortening**
**⅔ cup milk**
**⅔ cup gooseberry jam**
**1 teaspoon grated lemon rind**

Sift dry ingredients and mix with bread crumbs. Mix eggs, shortening, milk, jam and lemon rind together. Combine mixtures and beat until well mixed. Turn into greased pudding pan. Cover tightly. Place on rack over meat.

## WINTER DINNER

Ham Rolls With Vegetables
Mincemeat Pudding

**STEAM:** 1½ hours **SERVES:** 6

## HAM ROLLS WITH VEGETABLES

**1 pound ground smoked ham**
**½ pound ground beef**
**½ pound ground pork**
**½ cup cracker crumbs**
**½ teaspoon salt**
**Pepper, Paprika**
**1 onion, chopped**
**1 green pepper, chopped**
**½ cup chopped celery**
**2 pimientos, chopped**
**1 egg, beaten slightly**
**½ cup milk**

Mix all ingredients together thoroughly. Shape into 2 rolls. Wrap in pieces of cheesecloth. Place any desired vegetables in kettle and add 1 cup water. Place ham rolls on top of vegetables to steam. One roll serves 6, the other roll may be sliced cold for sandwiches.

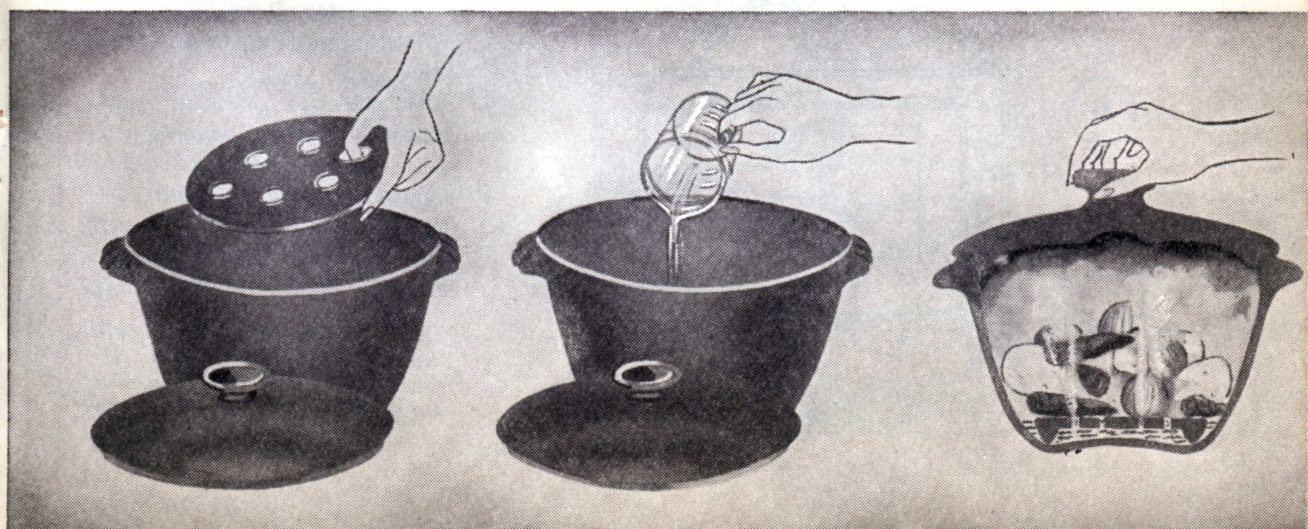
If desired, ham roll may be baked in loaf pan or ring mold. Bake in moderate oven (350°F.) 1¼ hours. Cabbage, carrots, cauliflower, green beans, onions, white potatoes, or sweetpotatoes may be steamed with ham rolls.

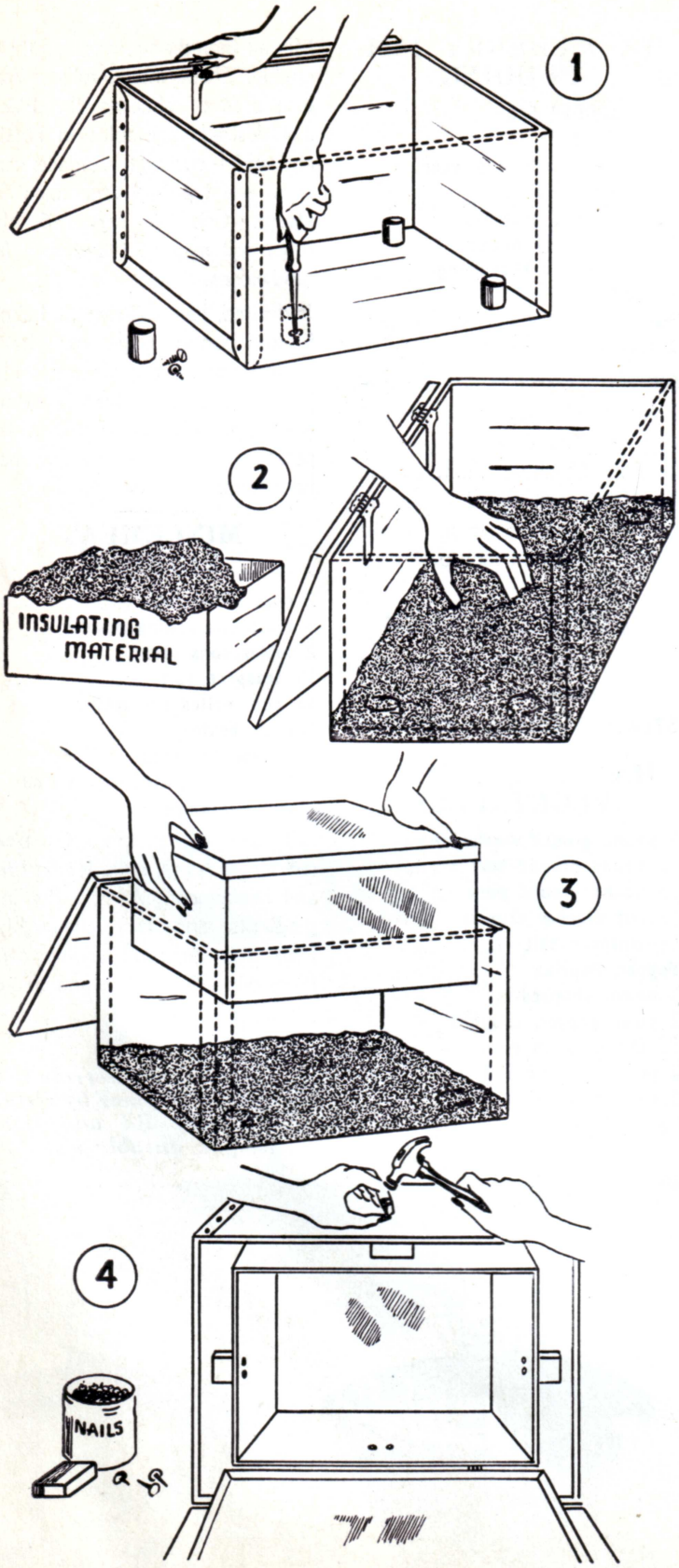
## MINCEMEAT PUDDING

**2 cups sifted flour**
**3 teaspoons baking powder**
**2 tablespoons sugar**
**¼ teaspoon salt**
**¼ cup melted shortening**
**2 eggs, beaten**
**3 tablespoons milk**
**1 tablespoon grated lemon rind**
**1 cup mincemeat**

Sift dry ingredients. Combine shortening, eggs, milk, lemon rind and mincemeat. Add to dry ingredients and mix thoroughly. Pour into greased pudding pan. Place on rack over rolls and steam. Serve hot.

***This porcelain casserole is a very clever steamer by virtue of a heavy lid and light weight, durable walls***






## FIRELESS COOKER

The fireless cooker offers a way to cook—without watching—foods requiring long slow cooking. A fireless cooker may be made out of materials on hand or with a small expenditure of money. Start with a sturdy packing box; 16 x 16 x 20 inches is a good size. Make a close fitting cover and hinge it onto one side of the box. Screw 4 small cans of uniform height into the bottom of the box (Figure 1). Place 2 inches of insulating material on bottom of box (Figure 2.) The insulating material may be rock wool, glass fiber, sawdust, Spanish moss or hay. If heated stones are used, a fireproof material (rock wool or glass fiber) must be used. Make a cushion 3 to 5 inches deep, large enough to fit over inset container. Fill loosely with insulating material so that it will be soft enough to fit down around sides of inset container.

**INSET CONTAINER**—Must be metal with a tightly fitting lid; and should be 6 inches shorter and 6 inches narrower than the outer box. Place on top of insulating material (Figure 3). Fasten inner container in place by nailing 4 wooden blocks 1½ inches thick and 3 inches wide cut to fit snugly between the outer and inner container (Figure 4). The blocks should be about 2 inches from the top of inset container. Fill space with insulating material (Figure 5).

**COLLAR**—Cut a collar of wood, pressed board or battleship linoleum to fit as snugly as possible between outside and inset container (Figure 5). Fill in cracks with a calking compound (Figure 6).

***The man of the house will have the time of his life building you this fireless cooker from a packing box***

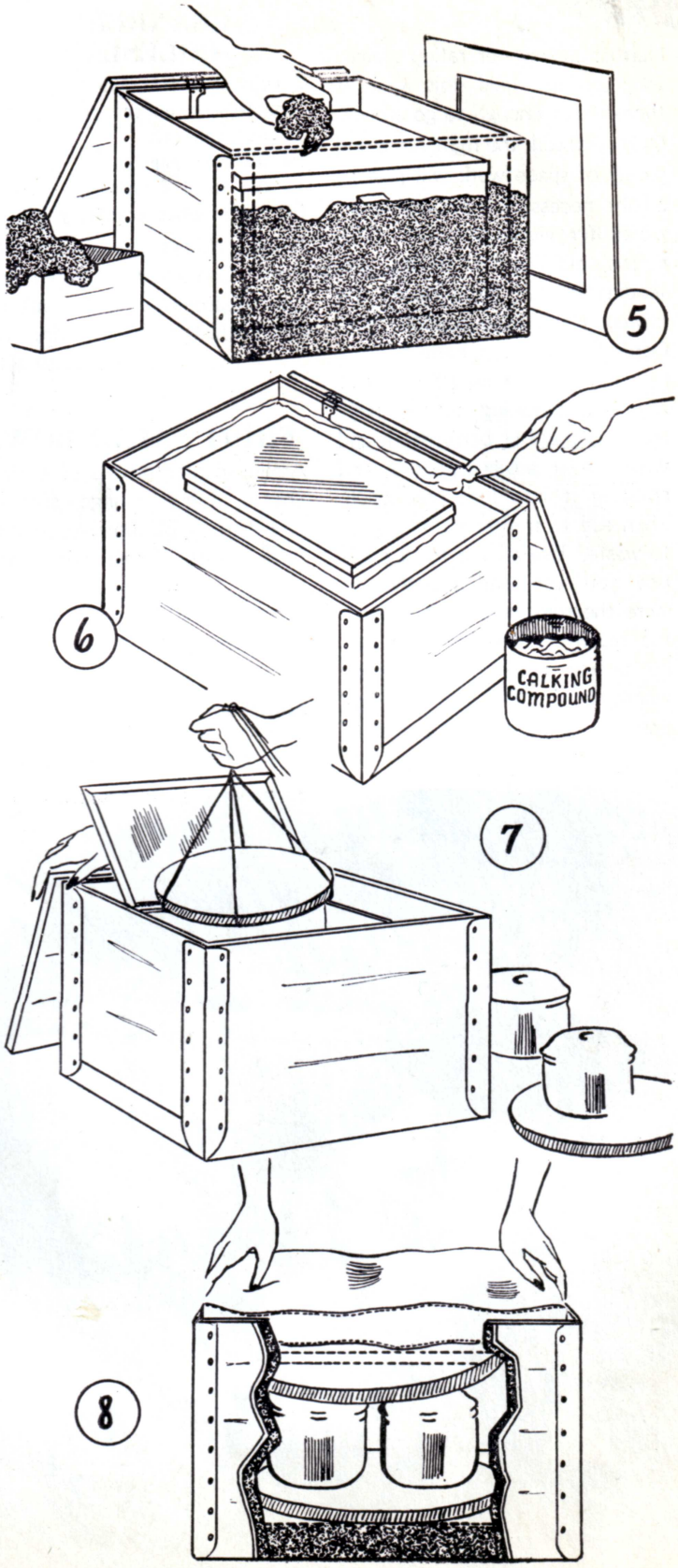
**HEATING STONE**—Either soapstones or concrete stones are satisfactory. Before using soapstones temper them by placing in a warm oven (250°F.) for about 24 hours. Concrete stones may be made at home. These must also be tempered before using by placing in boiling water 15 minutes and allowed to dry for about 2 days. It is not necessary to use heated stones, although they cook the food more rapidly and keep it hot for a longer time. Two stones are needed, one for the bottom and the other for the top of the pans. Heat the stones on top of a range until a little flour sprinkled evenly on the top browns in 15 seconds. Place in inner container (Figure 7).

**UTENSILS** — Select pans which have flat bottoms and tops, straight sides and tight fitting covers. Heat food in pans to boiling before placing in cooker. Place pans on hot stone, place another stone on top of pan lids, cover inset container, place insulating cushion on top and close with cover of outside container (Figure 8).

**USING THE COOKER** — Foods best cooked in the cooker are cereals, dried beans, soybeans, and the less tender cuts of meat. The food must be boiling before placing in cooker and the stones must be hot. The closed cooker needs no further care until the end of these cooking periods:

| | Overnite | 4-6 hr. | 2-4 hr. |
|---|---|---|---|
| Cereals | V | | |
| Dried Fruit | V | | |
| Soups | | V | |
| Chowders | | | V |
| Meats | | V | |
| Poultry | | | V |
| Dried Beans | V | | |
| Steamed Puddings | | V | |

***Weary war workers will come home rested by thoughts of the steaming hot dinner awaiting them in the cooker***



# Fruits and Vegetables the Year 'Round

Neither money nor ration stamps will produce food this year if there is not enough to go around. Only good soil, the right seeds and plenty of spade work will give us all the necessary fruits and vegetables for vigorous health. This means planting a garden and tending it well, securing all the professional advice possible from Garden Committees, Farm advisors or your State University. But it also means taking over a neglected orchard or berry patch and with similar advice, pruning and spraying it into lush production. Then see to it that nothing goes to waste. Use all the fresh produce you can and preserve or store the remainder. If you have too much, remember there may be a war wife in your block whose working hours make it impossible for her to grow a garden.

## CRANBERRY COLESLAW

**2 cups shredded cabbage**
**1 tablespoon minced green pepper**
**¼ teaspoon salt**
**⅛ teaspoon paprika**
**½ cup salad dressing**
**½ cup strained cranberry jelly**

Crisp cabbage in cold water; drain. Combine with green pepper, seasonings and dressing. Chill. Just before serving add cubed cranberry jelly, tossing together lightly. Serves 6.

## FRUIT SALAD BOWL

Around center mound of cottage cheese, group orange sections, strawberries, blackberries or other fresh fruits. Serve with sandwiches, hot whole-grain muffins, or cinnamon toast and milk or a hot beverage.

***Many an old apple orchard will be tended into production again this war year***

## GOLDEN SALAD

**3 apples**
**2 cups shredded carrots**
**1 small onion, minced**
**½ cup cream or evaporated milk**
**1 to 2 tablespoons lemon juice**
**½ teaspoon salt**
**Lettuce**

Dice apples without paring and combine with carrots and onion. Add cream blended with lemon juice and salt. Serve on lettuce. Serves 6.

Omit onion if desired; add ¼ cup chopped raisins.

## ORANGE FRUIT CUPS

**2 cups orange sections**
**2 tablespoons lemon juice**
**1½ cups diced apples**
**1 cup orange juice**
**Sugar or honey to sweeten**
**½ cup shredded dates**

Combine ingredients and serve very cold in orange shells or dessert glasses. Serves 6.

Instead of apple and dates use 2 cups of any fruit in season.

## ORANGE GINGER ALE CUP

**2 cups orange sections, chilled**
**2 tablespoons lemon juice**
**2 tablespoons sugar**
**1 (12-ounce) bottle dry ginger ale**
**Sprigs of mint**

Combine all ingredients except mint. Serve in dessert glasses; garnish with mint. Serves 6.

## ORANGE WALDORF SALAD

**1 cup orange pieces**
**1½ cups diced apples**
**½ cup diced celery**
**¼ cup chopped nuts or raisins**
**Salad dressing**
**Lettuce**

Combine first 4 ingredients. Add salad dressing to hold ingredients together. Serve on lettuce or other salad greens. Serves 6.

## APPLE SALADS

Wash, pare, core and slice apples or cut into rounds. Sprinkle apples with lemon juice or dip into French dressing.

1. Equal parts chopped apple and celery. Add salad dressing to hold ingredients together and garnish with nuts.
2. Apple rings arranged on lettuce with squares of cream cheese or a mound of cottage cheese on top.
3. Cold diced roast pork, goose or turkey, chopped celery, chopped apples and French dressing.
4. Equal parts apple and cottage cheese.

## APPLE COTTAGE CHEESE SALAD

**3 apples**
**1 cup diced celery**
**¼ cup sliced stuffed olives or ½ cup diced cucumber**
**¼ cup French dressing**
**Lettuce**
**2 cups cottage cheese**
**½ cup chopped salted peanuts**
**2 tablespoons salad dressing**

Dice apples without paring and combine with celery, olives or cucumber and French dressing; toss until well coated. Arrange lettuce leaves on salad plates and shape ⅓ cup cottage cheese into a ring. Heap each ring with apple mixture and sprinkle peanuts over all. Top each serving with salad dressing. Serves 6.

## ORANGE GRAPE SALAD

**1 tablespoon unflavored gelatin**
**2 tablespoons cold water**
**½ cup hot orange juice**
**¾ cup cold orange juice**
**¼ cup sugar**
**1 tablespoon lemon juice**
**1 cup orange pieces**
**¼ cup seedless grapes**
**½ cup sliced fresh peaches**
**12 orange sections**

***Frosty-cool grapes combine with melons, peaches and pineapple to make this salad a hot-weather favorite***

Soften gelatin in cold water 5 minutes. Add to hot orange juice and stir until dissolved. Cool and add cold orange juice, sugar and lemon juice. Chill and when slightly thickened add orange pieces, grapes and peaches. Chill in individual oiled molds until firm. Unmold and garnish with orange sections. Serves 6.

## GRAPE AND PEAR SALAD

**Chicory or 6 grape leaves**
**6 pear halves**
**3 ounces cream cheese**
**2 tablespoons cream**
**1 pound white seedless grapes**
**French dressing**

Cover salad plates with chicory or a large grape leaf. Place a pear half on each, flat side down. Mix cream cheese and cream and spread the pear liberally with the mixture. Cut grapes into halves and place flat side down on the covered pear, close together to resemble a bunch of grapes. Place a piece of grape stem in large end of pear. Serve with French dressing. Serves 6.

## FRESH FRUIT SALAD

**2 tablespoons butter**
**2 egg yolks, beaten**
**1½ tablespoons sugar**
**4 tablespoons lemon juice**
**Dash salt**
**Dash pepper**
**1 cup cream, whipped**
**1 cup diced watermelon**
**1 cup diced honeydew melon**
**½ cup diced pineapple**
**½ cup diced peaches**
**½ cup seedless grapes**
**Lettuce**

Mix butter, egg yolks and sugar together in double boiler. Cook over hot water, stirring constantly, until sugar is dissolved. Add lemon juice, salt and pepper and cook until thickened, stirring constantly. Chill thoroughly. Before serving fold in whipped cream and combine with fruits. Mix well. Serve on lettuce. Serves 8.

## APPLE CRISP

**6 apples**
**2 tablespoons lemon juice**
**¼ cup water**
**½ teaspoon cinnamon**
**1 cup sugar**
**¾ cup flour**
**¼ teaspoon salt**
**⅓ cup butter**

Pare, core and slice apples into greased baking dish; add lemon juice and water. Mix cinnamon with ½ of sugar and sprinkle over apples. Combine remaining sugar with flour and salt; cut in butter. Arrange crumbs over apples. Bake in moderate oven (350°F.) 45 minutes. Serves 6.

May be served with cream, hard sauce or ice cream.

Add ½ cup raisins and ¼ teaspoon nutmeg to apples. Use brown sugar instead of granulated if desired.

***Alternate apple and grapefruit segments on a bed of romaine and garnish with grapes from your arbour***

## APPLE RICE PUDDING

**2 eggs, separated**
**¾ cup sugar**
**½ cup raisins**
**½ teaspoon cinnamon**
**½ teaspoon salt**
**1 cup cooked rice**
**2 cups diced apples**
**¼ cup butter**

Add egg yolks, sugar, raisins, cinnamon and salt to cooked rice. Add apples. Melt butter and stir into mixture. Fold in stiffly beaten egg whites. Pour into greased baking dish. Bake in moderate oven (375°F.) 40 minutes. Serve hot or cold. Serves 6.

## BAKED STUFFED PEACHES

**6 peaches, peeled and halved**
**1 cup chopped dates**
**⅓ cup chopped nuts**
**1 tablespoon sugar**
**3 tablespoons butter, melted**
**2 tablespoons brown sugar**

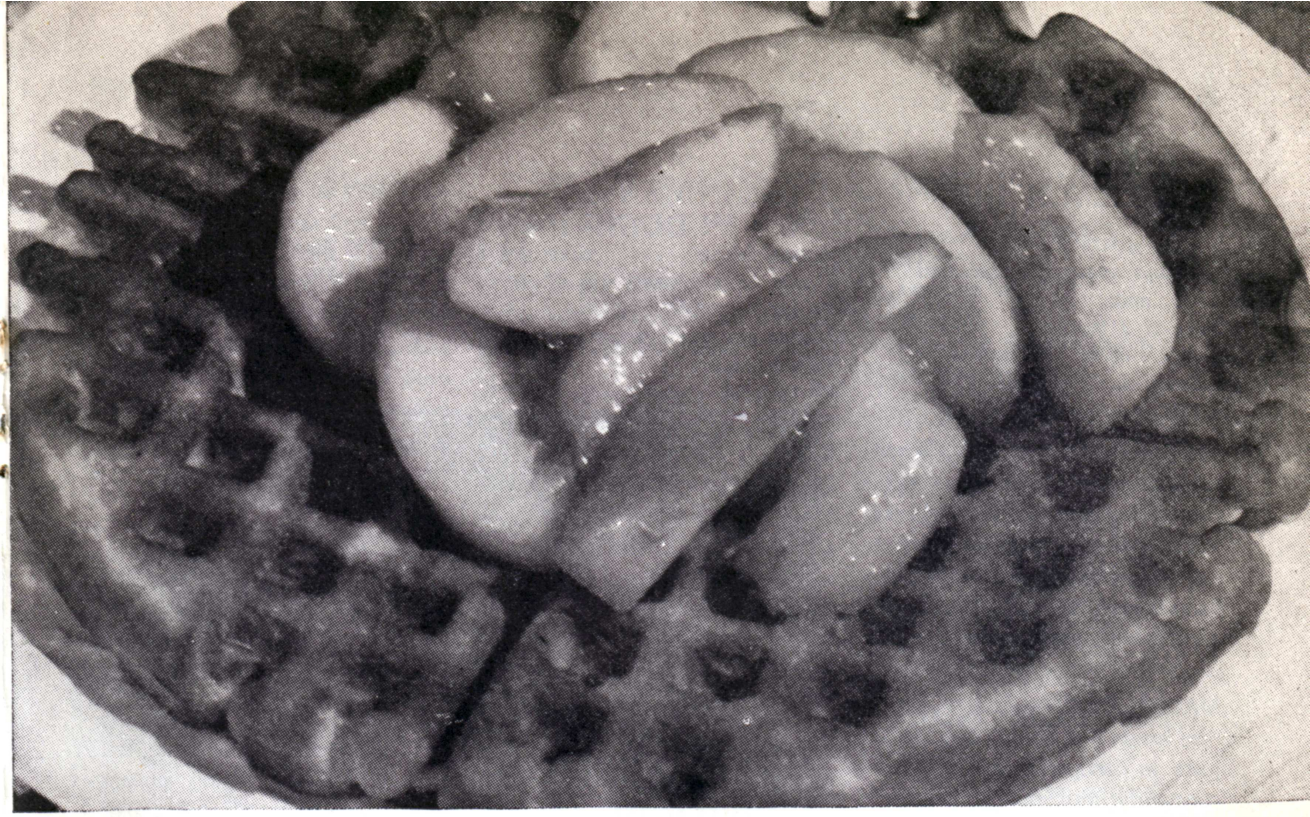
Place 6 peach halves, cut side up, in greased baking dish. Mix next 4 ingredients together thoroughly. Pack mixture into peach cavities. Place remaining peach halves firmly on top. Sprinkle with brown sugar, add peach juice and bake in moderate oven (350°F.) 20 minutes. Serves 6.

## INDIAN PUDDING

**4 cups milk, scalded**
**⅓ cup corn meal**
**3 apples, pared and sliced**
**½ cup molasses**
**⅓ cup sugar**
**1 teaspoon salt**
**1 teaspoon nutmeg**
**1 teaspoon cinnamon**
**2 tablespoons butter**

Pour scalded milk slowly over corn meal and cook in double boiler 20 minutes. Arrange apples in greased baking dish. Add remaining ingredients to corn meal and mix thoroughly. Pour over apples. Bake in slow oven (300°F.) 3 hours, stirring once during baking. Serves 6.

May be served with ice cream, hard sauce or cream.



*Home-grown peaches glistening with honey are nectar and ambrosia heaped on hot waffles*

## BERRY TAPIOCA

**2 cups sweetened berries**
**2½ cups fruit juice and water**
**¼ cup quick-cooking tapioca**
**½ cup sugar**
**⅛ teaspoon salt**
**1 tablespoon lemon juice**

Sweeten berries and let stand 30 minutes; drain and add water to juice to make 2½ cups. Combine fruit juice, tapioca, sugar and salt. Mix well. Cook 5 minutes, stirring constantly. Remove from heat, add fruit and lemon juice. Cool, stirring occasionally, as the mixture thickens as it cools. Serves 6.

## DRIED FRUIT SHORTCAKE

**1 cup shortening**
**1 cup brown sugar**
**3 cups quick-cooking oatmeal**
**1 teaspoon baking soda**
**1½ cups sifted flour**
**2 cups cooked dried fruit**
**½ cup peanut butter**
**½ cup chopped salted peanuts**
**1 tablespoon lemon juice**
**1 tablespoon grated lemon rind**

Cream shortening and sugar. Mix oatmeal, soda and flour together; add to sugar mixture. Pat ⅔ of mixture into greased pan. Mix fruit, peanut butter, peanuts, lemon juice and rind together. Spread fruit mixture over oatmeal and cover with remaining mixture. Bake in moderate oven (350°F.) 35 minutes. Serves 6.

## PRUNE WHIP

**1 package orange gelatin**
**¾ cup hot water**
**¼ teaspoon salt**
**1 tablespoon grated orange rind**
**¼ cup sugar**
**1 cup cooked prune pulp**

Dissolve gelatin in water. Add salt and orange rind. Chill until sirupy. Place in bowl of ice and whip with egg beater until thickened. Combine sugar and prune pulp; fold into gelatin mixture. Pile in dessert glasses and chill until firm. Serves 6.

Lemon or raspberry gelatin may be used.

Raisins, dates or nuts may be added if desired.

## ORANGE SNOW

**1½ tablespoons unflavored gelatin**
**1½ cups milk**
**2 eggs, separated**
**⅓ cup sugar, ¼ teaspoon salt**
**1 teaspoon grated orange rind**
**1 teaspoon grated lemon rind**
**¾ cup orange juice**
**1½ tablespoons lemon juice**

Soften gelatin in ¼ cup milk 5 minutes. Scald remaining milk in top of double boiler; add gelatin, stir until dissolved. Mix egg yolks with 4 tablespoons sugar and salt; add small amount of hot milk; add to remaining milk and cook over hot water, stirring constantly until mixture coats a spoon, about 5 minutes. Remove from heat; add rinds and juices. Chill. Beat egg whites with remaining sugar until they hold a peak. Beat into gelatin mixture when it begins to thicken. Pour into oiled mold and chill until firm. Unmold; serve garnished with fresh fruit. Serves 6.

## LEMON PIE

**3 eggs, separated**
**1⅓ cups sweetened condensed milk**
**Juice of 3 lemons**
**Grated rind of 1½ lemons**
**1 Brazil-Nut Pie Shell**
**6 tablespoons sugar**

Beat egg yolks, add milk, lemon juice and rind; mix thoroughly. Pour filling into pie shell. Cover with meringue made by beating egg whites and sugar until stiff. Bake in slow oven (325°F.) 10 to 12 minutes. Makes 1 (8-inch) pie.

**MAGIC**—Omit eggs and sugar. Add lemon rind and ½ cup lemon juice to condensed milk and stir constantly until mixture becomes thick. Pour into pie shell and chill until firm. If desired, spread with whipped cream.

***Your own orchard apples can be coddled with honey, jelly, cinnamon or scarlet peppermint candy***

## SCANDINAVIAN PUDDING

**½ cup farina**
**2 cups boiling water**
**⅛ teaspoon salt**
**2 cups strained cranberry jelly**
**¼ cup sugar**
**½ teaspoon grated orange rind**

Add farina gradually to boiling salted water, stirring constantly. Cook until very thick, 5 to 7 minutes; remove from heat. Crush cranberry sauce; fold into farina with sugar and orange rind. Cool slightly. Beat until fluffy and light pink in color. Serve with plain or whipped cream. Serves 6.

Leftover cereal may be used.

Lingonberry jelly may be used instead of cranberry jelly.

## GRAPE APPLE PUDDING

**1 cup boiling water**
**1 cup hot grape juice**
**⅓ cup quick-cooking tapioca**
**½ teaspoon salt**
**6 medium tart apples**
**1 cup sugar**

Add water to grape juice; stir in tapioca and salt. Cook in double boiler 15 minutes, stirring frequently. Wash apples, pare, core and cut into eighths. Add apples and sugar to tapioca mixture; cook 4 minutes. Pour into greased baking dish. Bake in moderate oven (350°F.) until apples are tender. Serves 6.

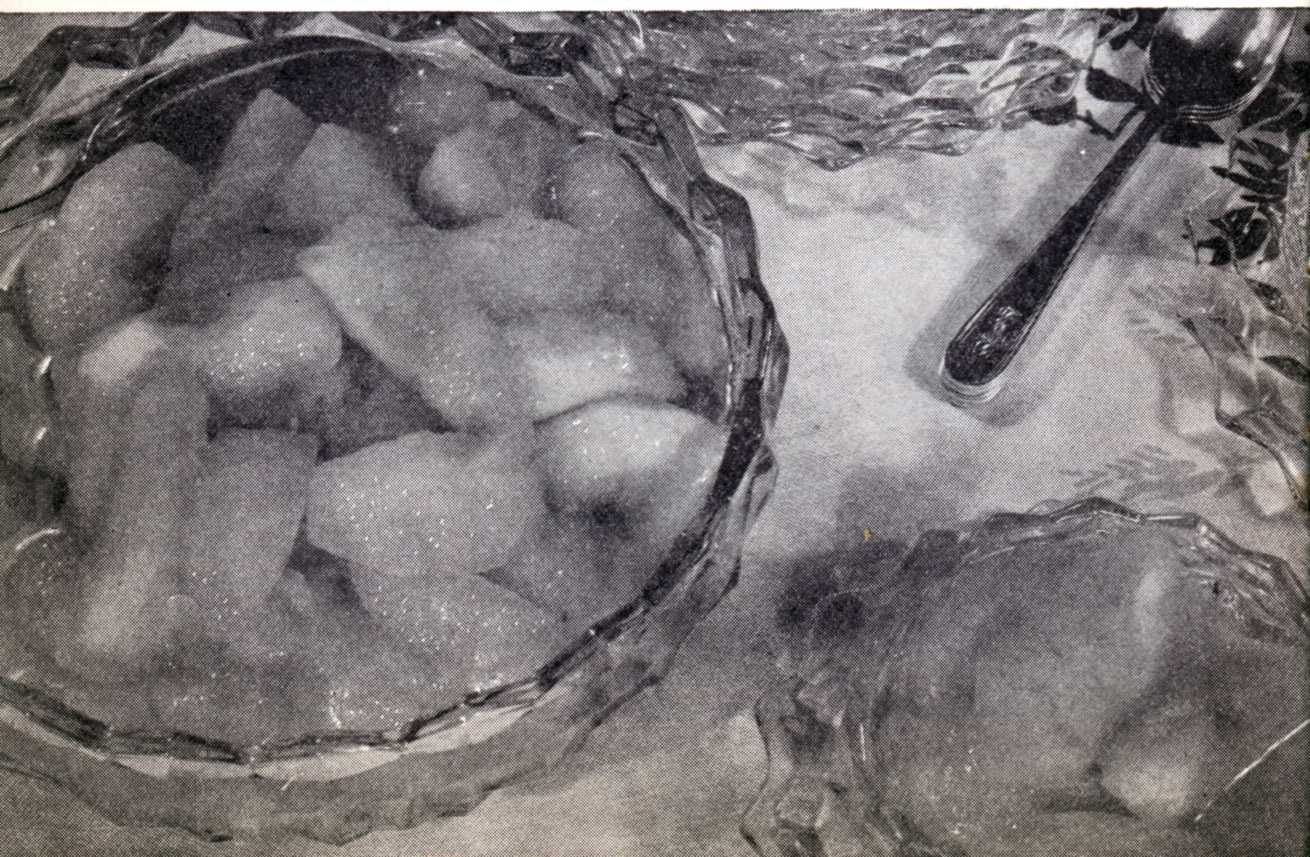
## CODDLED APPLES

**6 large apples**
**1 cup sugar**
**2 cups water**
**⅛ teaspoon salt**

Wash and pare apples; cut into quarters or slices. Combine sugar, water and salt, boil 3 minutes. Add apples, cover and simmer until transparent, turning apples in sirup when half done. Serves 6.

Add 1 small stick cinnamon, ¼ cup cinnamon candies or ¼ cup minced ginger to sirup.

Use peaches, pears, plums or cherries instead of apples.



## BAKED KIDNEY BEANS

**4 cups cooked kidney beans**
**½ teaspoon salt**
**⅛ teaspoon pepper**
**1 teaspoon minced onion**
**½ cup evaporated milk**
**1 cup grated cheese**
**½ cup fine bread crumbs**

Mix beans, salt, pepper, onion and milk together lightly. Place in greased baking dish; sprinkle cheese and bread crumbs over top. Bake in moderate oven (350°F.) 20 minutes or until browned. Serves 6.

## BEAN LOAF

**2½ cups cooked beans (navy, pinto, etc.)**
**¼ cup minced onion**
**2 tablespoons minced green pepper**
**2 tablespoons fat**
**2 eggs, well beaten**
**½ cup milk**
**1 cup grated cheese**
**1 cup bread crumbs**
**½ teaspoon dry mustard**
**1 teaspoon salt**
**⅛ teaspoon pepper**
**¼ teaspoon Worcestershire sauce**

Drain beans and mash. Cook onion and pepper in fat 5 minutes; thoroughly mix with remaining ingredients. Place in greased loaf pan. Bake in moderate oven (350°F.) 45 minutes or until firm. Loosen from sides of pan and allow to stand 5 minutes before turning out. Serve with a mushroom sauce. Serves 6.

## BEAN SAUSAGES

**3 cups mashed cooked beans (navy, pinto, kidney or Limas)**
**1 cup bread crumbs**
**1 teaspoon sage**
**½ teaspoon salt**
**⅛ teaspoon pepper**
**3 eggs**
**2 tablespoons water**
**4 tablespoons fat**

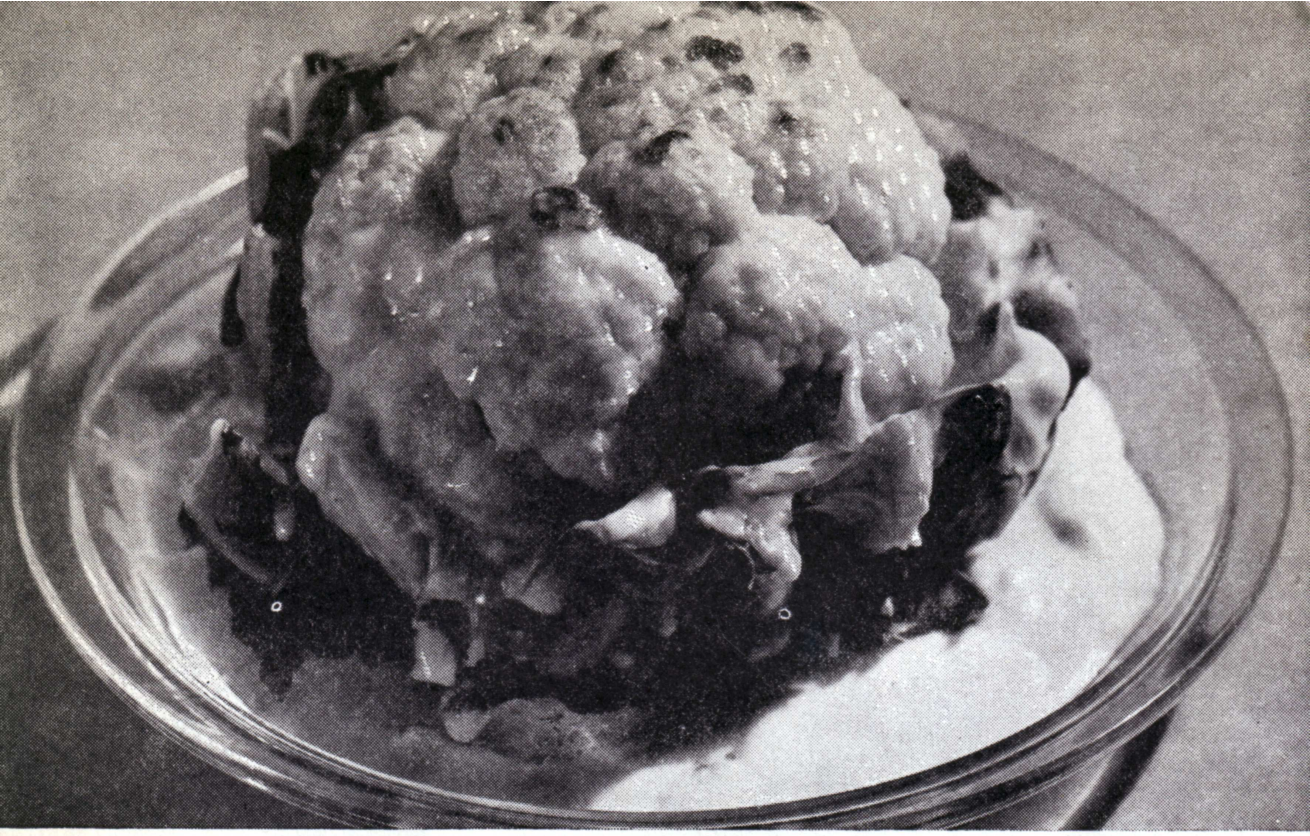
Combine beans, ½ cup bread crumbs, sage, salt, pepper, and 2 eggs. Mix thoroughly. Shape mixture into sausages. Beat remaining egg with water. Dip sausages into egg and then into remaining crumbs. Brown in hot fat. Serve with tomato sauce. Serves 6.

***Victory-garden vegetables—raised right in your own back yard!***

## LIMA BEAN SCALLOP

**1 cup dried Lima beans**
**2 teaspoons minced onion**
**⅓ cup fat, ¼ cup flour**
**½ teaspoon salt**
**⅛ teaspoon pepper**
**1 cup evaporated milk**
**¾ cup water drained from beans**
**1 cup grated American cheese**
**¼ cup dry bread crumbs**

Wash Lima beans and soak overnight in water to cover. Next day, add more water. Simmer 2 hours or until tender; drain. Cook onion in 1 tablespoon fat. Mix with beans. Melt remaining fat; blend in flour, salt and pepper. Slowly add milk and water. Cook, stirring constantly, until smooth and thickened. Add cheese and stir until cheese is melted. Place alternate layers of beans and cheese sauce in greased casserole. Sprinkle with bread crumbs. Bake at 350°F. 20 to 30 minutes. Serves 6.



***A perfect tribute to the home gardener's skill—this massive cauliflower served with nippy cheese sauce***

## BAKED CARROTS

**18 small carrots**
**⅓ cup fat**
**½ cup sugar**
**1 teaspoon salt**
**¼ teaspoon cinnamon**
**⅓ cup boiling water**

Scrape or pare carrots and place in casserole. Cream fat, sugar, salt and cinnamon together; add water and blend well. Pour over carrots, cover and bake in moderate oven (350°F.) 1½ hours. Serves 6.

## SAUERKRAUT

**2 tablespoons fat**
**1 onion, chopped**
**1 quart sauerkraut**
**1 teaspoon caraway seeds**
**1 uncooked potato, grated**

Melt fat, add onion and cook until browned. Add sauerkraut, caraway seeds and potato and cook 30 minutes in covered kettle over low heat. Serves 6.

## BUTTERED EGGPLANT

**2-pound eggplant**
**½ to 1 cup water**
**¾ teaspoon salt**
**3 tablespoons butter**

Pare eggplant and cut into ¼-inch slices. Heat water and salt to boiling, add eggplant, cover and heat again to boiling. Reduce heat and simmer 15 to 20 minutes. Drain if necessary. Season with butter. Serves 6.

## SCALLOPED CABBAGE

**3 cups cooked cabbage**
**1½ cups medium white sauce**
**½ cup dry bread crumbs**
**3 tablespoons fat**

Place cabbage in greased baking dish, add white sauce, cover with crumbs and dot with fat. Bake in hot oven (400°F.) 15 to 20 minutes. Serves 6.

**CABBAGE WITH CHEESE** — Sprinkle with ½ cup grated cheese instead of bread crumbs and fat.

## HEALTH SALAD

**1½ cups shredded carrots**
**1 cup chopped cabbage**
**1 cup diced unpeeled apples**
**Cooked salad dressing**
**Lettuce leaves**
**½ cup peanuts, Parsley**

All ingredients should be cold. Combine carrots, cabbage and apples lightly with enough salad dressing to hold together. Arrange on lettuce leaves and garnish with chopped peanuts and sprigs of parsley. Serves 6.

## SCALLOPED SQUASH AND APPLES

**3 pounds Hubbard squash**
**1½ cups sliced tart apples**
**½ cup brown sugar**
**1 teaspoon salt**
**¼ cup fat**

Wash squash; cook in small amount of water until tender. Remove pulp and place half in bottom of greased casserole. Cover with apples; sprinkle with half of remaining ingredients. Repeat. Bake in moderate oven (350°F.) 1 hour. Serves 6.

# FATS AND HOW TO GET THEM

With rationing of butter, shortenings and oils, the homemaker will be faced with the necessity of making use of fat from other sources. When facilities are available, many will keep a cow and make their own butter. Before making the decision, consult your County Agent, Farm Advisor or State College of Agriculture.

Additional fats will come from rendering poultry and meat fats. Drippings from bacon and salt pork have long been used by many homemakers as an incidental flavor. They will now be rendered carefully and stored for use.

The milder flavored fats can be used as spreads as well as shortenings for pies, cookies, sauces, cakes and for shallow frying. Stretching butter flavor by reintroducing milk solids (page 34) doubles the bulk of butter. Because the fat is reduced one-half it cannot be used for frying or greasing pans, but may be used as shortening. Nutritionally this must be made up with fats such as nuts, fat meat, salad oil, peanut butter or avocado.

***Render the fat from a plump chicken like this and you will have a fine shortening***

## RENDERING FAT

### CHICKEN

Cut the fat from a fat hen into small pieces and wash well. Drain and add cold water to cover and simmer. Water is added to prevent fat from browning. When water has completely boiled away and fat begins to fry, remove from heat and strain through a cloth-lined colander into clean jars. Cool and store the fat in a cool place. Reheat residue for cracklings. These may be used in place of crisp bacon.

Render **MEAT** fat the same way.

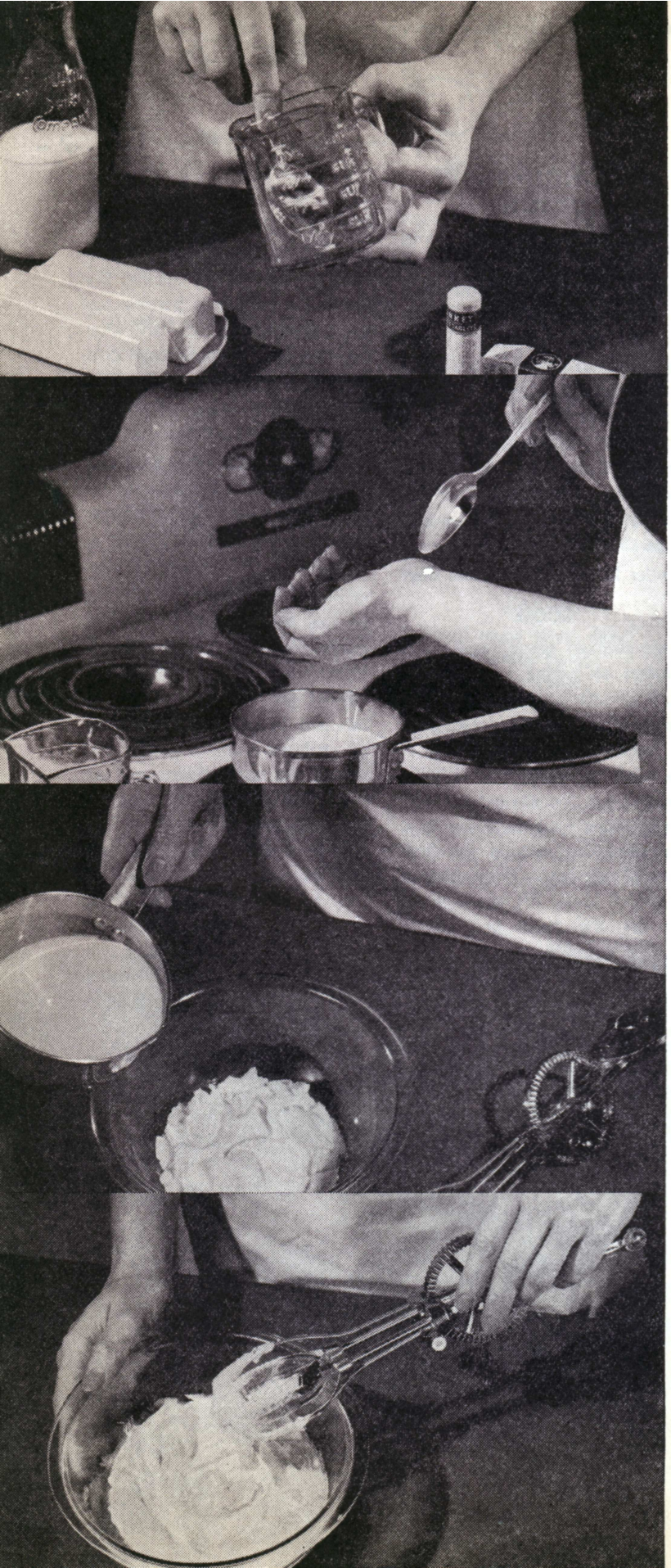
### GOOSE

Singe plucked geese, wash in a solution of baking soda with a cloth or soft brush, enclose in a clean paper bag and chill well or freeze so fat will be firm.

**To skin:** Use a sharp, small knife and cut the skin down the backbone, around the base of the neck and wings and around the first joint of the legs. Then using a small dull knife, lift the layer of fat off the flesh underneath, holding the skin and fat in the left hand while the knife in the right continues to separate the fat from the meat. In some places the layer of connective tissue makes the process very easy. In other places the fat is all but attached to the muscle and care must be taken not to cut into the meat. As the pieces become too large to handle cut off and drop into a kettle containing cold water. There should be just enough water to cover all the fat. Proceed as for chicken.

Reduce the cracklings until brown. These, well salted, are served as appetizers. Like other cracklings they may be used in baking or as garnish. Fat remaining from cracklings should be stored separately, since it has a slightly "browned" flavor. Save this for meat cookery.

**Interior fat:** Break the body at the joint below the ribs, remove the entrails with their envelope of fat, and with great care remove the envelope and the fat that surrounds the giblets. This is then rendered separately, and used in meat cookery when a clear fat is wanted. In all cases, a slice of uncooked potato or fresh bread in the kettle, will carry off any odor or flavor. Label all jars distinctly and keep in a cold place.





## ECONOMY SPREAD

**½ pound butter**
**1 teaspoon salt**
**1 cup milk**
**½ household rennet tablet**
**½ tablespoon cold water**

Break butter up into small pieces and allow to stand in a warm place until soft, but not melted. Add salt to milk and heat to lukewarm. Dissolve rennet tablet in cold water and add to lukewarm milk. Stir a few seconds. Keep at room temperature undisturbed until set. Add 4 drops butter coloring, if desired, and rennet custard to softened butter. Beat with a rotary beater until thoroughly blended. Pack into a container and chill until firm. Makes 1 pound.

## BUTTER SPREAD

**½ pound butter**
**½ tablespoon unflavored gelatin**
**1 cup milk**
**½ teaspoon salt**

Break butter up into small pieces and allow to stand in a warm place until soft, but not melted. Soften gelatin in ¼ cup of milk. Dissolve completely over hot water. Add dissolved gelatin and salt to remaining milk. Add milk slowly, about 2 tablespoons at a time, to butter; beat constantly with a rotary beater until completely blended. Add 4 drops butter coloring, if desired, when beating in the milk. Pack in a container and chill until firm. Makes 1 pound.

Omit gelatin and reduce salt to ⅛ teaspoon. Use ¾ cup evaporated milk instead of milk listed above.

***The Aladdin touch — whip rennet (or gelatin) and milk into your butter and make two pounds out of one***

## TO PREPARE AVOCADOS

Avocados should be allowed to soften at room temperature, protected from bruises, before using. If fruit is to be served in halves, cut it and remove seed with a twist of the fingers. If served in slices cut in the shell then slip the knife between the meat and the shell. The meat will loosen and slip out. To be at their best, avocados should have a "buttery" texture. They are so high in fat that they make a large contribution to the diet as a substitute for butter.

## AVOCADO SALAD

**1 avocado**
**2 tablespoons lemon juice**
**Salt**
**Watercress, romaine or lettuce**
**3 cups avocado balls or cubes**
**½ cup French dressing**

Cut avocado crosswise into halves and remove seed. Slice 3 rings from each half and peel. Sprinkle with lemon juice and salt, arrange on watercress, and fill rings with avocado balls. Serve with French dressing. Serves 6.

Use 1 cup avocado balls and any of the following:

1 cup diced asparagus tips.
1 cup diced tomatoes.
½ cup diced lobster or shrimp and ½ cup chopped celery.
⅓ cup shredded anchovies, ⅓ cup pearl onions, and ⅓ cup chopped celery.
½ cup diced pickled beets and ½ cup pickled onions.

## AVOCADO SPREAD

**1 cup sieved avocados**
**¼ teaspoon onion salt**
**¼ teaspoon garlic salt**
**1½ teaspoons lemon juice**
**Few drops Tabasco sauce**

Combine all ingredients; blend thoroughly. Spread on crackers, toast or potato chips or use for stuffing celery. Makes 1 cup.

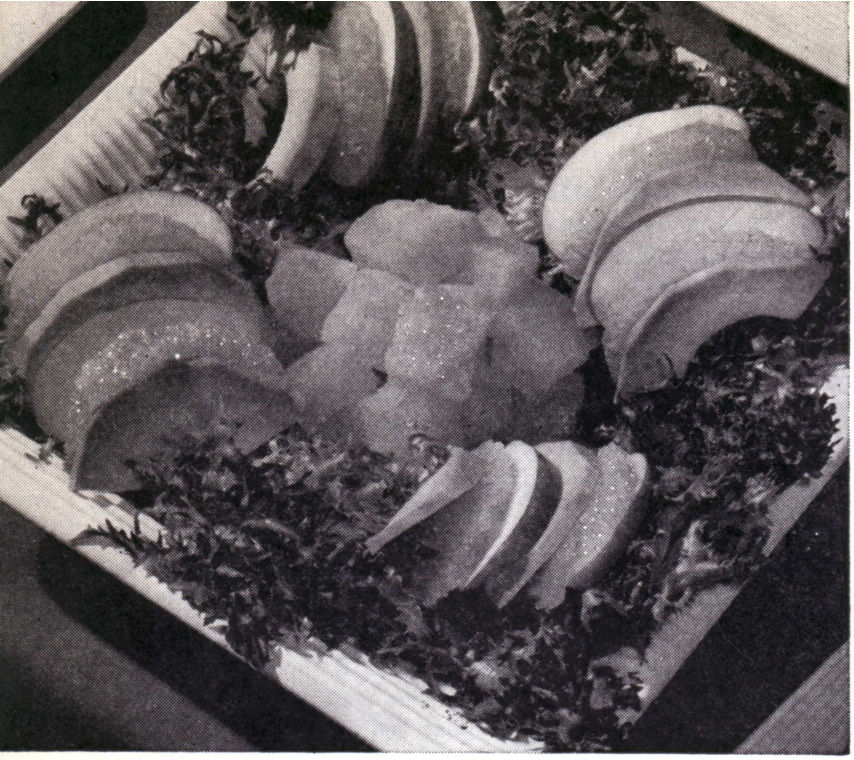
Finely chopped olives, hard-cooked eggs, pickle relish, green pepper or capers may be added if desired. Mix with an equal amount of peanut butter.

## STUFFED AVOCADOS

**3 avocados**
**Lemon juice**
**Salt**
**3 (3-ounce) packages cream cheese**
**1 teaspoon minced onion**
**½ teaspoon celery salt**
**Pimiento strips**
**French dressing**

Cut avocados in half lengthwise, remove seeds, peel and hollow out stem ends slightly. Sprinkle inside and out with lemon juice and salt. Combine cheese, onion and celery salt and blend. Fill halves with cheese mixture and garnish with pimiento. Chill thoroughly. Serve with French dressing. Allow 1 filled oval to each serving. Serves 6.

***Pimiento strips furnish the Red Cross motif for these cheese-stuffed avocados***



***Those who can, will serve avocado frequently to cover the fat shortage pleasantly***

## ASPIC AVOCADO

**1 tablespoon unflavored gelatin**
**2 tablespoons cold water**
**1 cup boiling water**
**1 cup sieved avocados**
**4 teaspoons lemon juice**
**½ teaspoon Worcestershire sauce**
**Salt, as desired**
**Few drops Tabasco sauce**
**½ teaspoon celery salt**
**1 pimiento, minced**

Soften gelatin in cold water; dissolve in boiling water; cool. Add avocados, lemon juice, Worcestershire sauce, salt, Tabasco sauce, celery salt and pimiento; blend well. Mold until firm. Serve on shredded lettuce. Serves 6.

## FRUIT-FILLED AVOCADOS

**3 medium avocados**
**Salt**
**3 cups grapefruit sections**
**24 stuffed green olives**
**French dressing**

Cut avocados lengthwise into halves, remove seeds and scoop out flesh, leaving a thin layer to hold shells in shape. Cut portion removed into cubes; sprinkle with salt. Cut grapefruit sections into cubes. Slice olives. Combine fruits; refill shells. Add dressing and chill. Serves 6.

Any desired fruit may be used instead of grapefruit.

Mixed vegetables may be used instead of fruit.

## AVOCADO DRESSING

**1 tablespoon lemon juice**
**2 tablespoons evaporated milk**
**½ teaspoon salt**
**1 teaspoon prepared mustard**
**6 drops Tabasco sauce**
**¾ cup sieved avocado**

Add lemon juice to milk; beat well. Add salt, mustard and Tabasco sauce; blend thoroughly. Add avocado and beat. May be kept in refrigerator several days. Makes about 1 cup.

Grated horse-radish, Worcestershire sauce, vinegar, garlic or celery salt may be added.

Cream may be used to thin the dressing.

## TOMATO AVOCADO SALAD BOWL

**4 tablespoons salad oil**
**4 tablespoons lemon juice**
**4 tomatoes, peeled and cut into eighths**
**1 avocado**
**½ teaspoon salt**
**1 clove garlic, cut into halves**
**½ head lettuce**
**½ head chicory**
**½ bunch watercress**
**French dressing**

Pour salad oil and 2 tablespoons lemon juice over tomatoes; chill. Cut avocado lengthwise into halves, remove stone, peel and cut fruit into crescents. Sprinkle with remaining lemon juice and salt. Rub salad bowl with garlic; shred salad greens and toss together in bowl with tomatoes, avocado and dressing. Serves 6.

Cut tomatoes into thin slices and avocado into rings. Arrange tomato slices in border around bowl and top each with avocado ring. Dice avocado and tomatoes instead of cutting as above.

## RED GUACAMOLE

**3 large green chili peppers**
**2 small onions, minced**
**1 large tomato, peeled and chilled**
**3 ripe avocados**
**Salt**
**Mayonnaise or French dressing**

Heat chili peppers in oven until skins blister, wash in cold water, peel, remove seeds and chop fine. Add onions and finely chopped tomato. Peel avocados, remove seeds, mash and add to chopped vegetables. Season with salt and mayonnaise or French dressing. Serves 6.

**GUACAMOLE CON TOCINO**— To above mixture add 3 hard-cooked eggs and 6 stuffed olives, chopped. Rub salad bowl with cut garlic clove and garnish with bacon curls.

## COOKED SOYBEANS

To shell green soybeans, boil in the pods 5 minutes. Cool and shell. Then the shelled beans may be steamed or boiled in salted water. The time of cooking depends upon the variety. Some cook as quickly as green peas; others more like Lima beans.

Green soybeans are sometimes cooked and served in the pods. The pods must be washed thoroughly. After washing, drop pods into boiling water to cover and cook until beans are tender.

Serve by dipping in melted butter like artichoke leaves. The melted butter may be seasoned with soy or Worcestershire sauce.

Dried soybeans should be soaked overnight before cooking. After soaking, drain, add fresh water and simmer 3 to 4 hours, or until tender.

One pound soybeans, in the pods, equals ½ pound shelled or from 1 to 1⅓ cups.

## SOYBEAN CASSEROLE

**½ cup diced salt pork**
**2 cups chopped celery**
**3 tablespoons minced onion**
**3 tablespoons minced green pepper**
**⅓ cup flour**
**1½ teaspoons salt**
**2 cups milk**
**2 cups chopped cooked soybeans**
**½ cup bread crumbs**
**½ cup grated cheese**

Brown salt pork, add celery, onion and green pepper; cook until browned. Gradually add flour and salt to milk, stirring until smooth. Add to salt pork and heat to boiling. Add soybeans and cook until thickened, stirring constantly. Pour into greased casserole. Sprinkle crumbs and cheese over top. Bake in moderate oven (350°F.) 30 minutes. Serves 6.

## SOYBEANS À LA CREOLE

**3 tablespoons minced onion**
**⅓ cup minced green pepper**
**3 tablespoons fat**
**4 tablespoons flour**
**¾ teaspoon salt**
**⅛ teaspoon pepper**
**1½ cups tomatoes**
**1½ cups soup stock**
**3 cups cooked soybeans**

Brown onion and green pepper in fat. Add flour, salt and pepper. Stir until thoroughly mixed. Add tomatoes and stock. Cook 5 minutes. Strain. Add soybeans and reheat. Serves 6.

## PEANUT CUTLETS

**2 cups dried bean or pea pulp**
**¼ cup fat**
**1 tablespoon minced onion**
**1 teaspoon Worcestershire sauce**
**1 cup fine bread crumbs**
**1 cup strained tomatoes**
**1 cup salted peanuts, minced**
**2 tablespoons tomato catchup**
**Dash salt and pepper**
**1 egg**
**2 tablespoons water**
**Buttered bread crumbs**

Blend first 10 ingredients together. Form into cutlets. Beat egg slightly with water. Dip cutlets into egg, then into crumbs. Place in greased baking pan. Bake in a hot oven (400°F.) 20 to 30 minutes. Serve with mushroom sauce. Serves 6.

## CHEESE AND PEANUT LOAF

**2 tablespoons minced onion**
**1 tablespoon fat**
**2 tablespoons water**
**1 cup salted peanuts, finely chopped**
**1 cup grated cheese**
**2 tablespoons lemon juice**
**1 cup fine bread crumbs**
**½ cup milk**
**Salt, if desired**
**Dash pepper**

Combine all ingredients, adding salt and pepper as desired. Pour into greased loaf pan and bake in a moderate oven (350°F.) 20 to 30 minutes. Serves 6.

***This delicious cheese and peanut loaf saves ration points while it builds the fat reserve***

## OLIVE NUT SANDWICHES

**½ cup ground stuffed olives**
**½ cup chopped nuts**
**1 tablespoon mayonnaise**
**12 slices bread, buttered**

Mix first 3 ingredients together. Spread on bread. Serves 6.

## FROZEN FRUIT PUDDING

**1 (3-ounce) package cream cheese**
**¾ cup cream or evaporated milk**
**2 tablespoons lemon juice**
**1 tablespoon sugar**
**⅔ cup shredded pineapple**
**1 cup diced avocados**
**¼ cup chopped dates**
**1 cup diced cooked peaches**
**12 quartered maraschino cherries**

Cream cheese; add ¼ cup cream gradually, stirring until smooth. Add lemon juice and sugar. Whip remaining cream thick, but not stiff; fold into cheese mixture. Combine with fruits; mix very lightly. Freeze. Serves 8 to 10.

***Who cares about a fat shortage so long as we can have pie shells made of rich toothsome Brazil nuts?***

## NUT FRUIT SQUARES

**½ pound pitted dates**
**¼ pound Brazil nuts**
**¼ pound figs**
**¼ pound apricots**
**1 tablespoon orange juice**
**1 teaspoon grated orange rind**
**Granulated sugar or crushed nuts**

Grind dates, nuts, figs and apricots. Knead orange juice and rind into mixture. Roll into square sheet ¼ inch thick. Cut into squares; dip into sugar. Makes 1¼ pounds.

## DATE AND NUT BARS

**¾ cup sifted flour**
**½ teaspoon baking powder**
**½ teaspoon salt**
**½ cup chopped Brazil nuts**
**1 cup sliced dates**
**2 eggs, beaten**
**1 cup brown sugar**

Sift flour, baking powder and salt. Mix nuts and dates with flour. Combine eggs and sugar; add to dry ingredients. Place mixture in a greased pan. Bake in moderate oven (350°F.) 30 minutes. Cut into strips. Makes 18 bars.

## MOCK MINCEMEAT

**1 cup chopped nuts**
**2 cups chopped pared apples**
**1 cup seedless raisins**
**1½ cups sugar**
**1 teaspoon cinnamon**
**1 teaspoon allspice**
**½ teaspoon cloves**
**½ teaspoon salt**
**½ cup vinegar**
**½ cup tart fruit juice**

Combine all ingredients and cook 45 minutes, stirring frequently. Filling for 1 (9-inch) pie.

## BRAZIL-NUT PIE SHELL

**1½ cups ground Brazil nuts**
**3 tablespoons sugar**
**1 recipe Lemon Filling (page 30)**

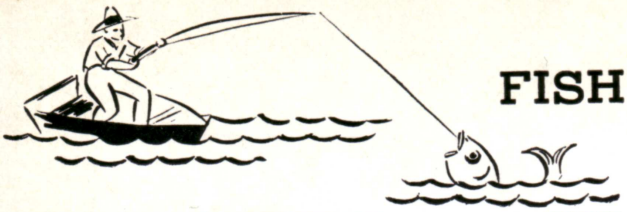
Mix nuts with sugar. Press firmly into pie pan. Pour filling into shell and proceed according to directions. Makes 1 (8-inch) pie. Add cream pie filling, slightly cooled, or chiffon pie filling may be used.

## SPICED BAKED PEARS

**½ cup brown sugar**
**½ cup granulated sugar**
**2 cups water**
**2 3-inch sticks cinnamon**
**6 whole cloves**
**6 pears**
**Sour cream**

Combine sugars, water, cinnamon and cloves; cook until sugars are dissolved. Cut a thin slice of peel from blossom end of pear and arrange in baking dish. Pour sirup over pears. Bake in a slow oven (325°F.) 1½ hours; baste pears occasionally. Serve hot or cold with sour cream. Serves 6.

***Glazed whole spiced pears served hot with sour cream will enhance your reputation as a knowing hostess***



# FISH FOR FOOD AND FUN

## BAKED STUFFED FISH

Fish weighing 3 to 5 pounds may be stuffed and baked with head and tail removed or not as desired. Clean fish, dry and rub inside and out with salt. Stuff and sew or skewer opening. Place on piece of heavy paper on baking sheet or platter and bake in very hot oven (450°F.) 10 to 15 minutes or until browned. Reduce temperature to hot (400° F.) and bake 30 to 45 minutes longer. Allow 10 minutes to the pound for first 4 pounds and 5 minutes for each additional pound. Baste lean fish every 10 minutes or cover with thin slices of fat salt pork or bacon; do not baste fat fish. Serve with your favorite sauce.

Fish suitable for baking are:

| | | |
|---|---|---|
| Bluefish | Mackerel | Shad |
| Carp | Pickerel | Swordfish |
| Cod | Pike | Tuna |
| Haddock | Pompano | Weakfish |
| Halibut | Salmon | Whitefish |

***Save the red stamps with a treat like this fish, baked whole on a bed of sliced and diced vegetables***

## FISH ROLL

**2 tablespoons fat**
**1 tablespoon minced onion**
**2 tablespoons flour**
**½ cup milk**
**2 cups flaked cooked fish**
**¼ teaspoon salt**
**⅛ teaspoon pepper**
**½ teaspoon Worcestershire sauce**
**Baking powder biscuit dough, using 2 cups flour**

Melt fat, add onion and cook until tender but not browned. Blend in flour. Add milk gradually, stirring constantly, and cook until thickened. Add fish and seasonings. Roll dough ¼ inch thick into a rectangular shape. Spread with fish mixture and roll up like a jelly roll. Bake in very hot oven (450°F.) 20 minutes. Cut into slices and serve with cream or egg sauce. Serves 6.

## SHRIMP AND RICE

**4 tablespoons fat**
**2 tablespoons flour**
**1½ cups tomato juice**
**½ teaspoon salt**
**Dash cayenne**
**1 cup grated American cheese**
**1¼ cups cooked shrimp**
**1 cup cooked rice**
**1 cup soft bread crumbs**

Melt 2 tablespoons fat, blend in flour; add tomato juice gradually, stirring constantly and cook until thickened. Add salt, cayenne and cheese; stir until cheese is melted. Add shrimp and rice. Place in greased casserole, cover with crumbs and dot with remaining fat. Bake in moderate oven (350° F.) 15 minutes. Serves 6.

## SHRIMP RING

**4 tablespoons fat**
**4 tablespoons flour**
**¼ teaspoon salt**
**2 cups milk**
**1 cup cooked peas**
**2½ cups cooked shrimp**
**2 tablespoons chopped pimiento**
**¼ teaspoon Worcestershire sauce**
**Baking powder biscuit dough, using 2 cups flour**

Melt fat, blend in flour and salt. Add milk, stirring constantly and cook until thickened. Add peas, shrimp, pimiento and Worcestershire sauce. Keep hot. Cut out biscuits in the usual way and place them close together in the shape of a ring on a greased baking sheet. Bake in hot oven (450°F.) 12 to 15 minutes. Place shrimp mixture in center of biscuit ring. Serves 6.

## MEXICAN MEDLEY

½ cup uncooked rice
1 cup shrimp
1 cup crab meat
¼ cup salad oil
1 small onion, minced
8 drops Tabasco sauce
½ green pepper, chopped
2 teaspoons salt
2 cups water
2 teaspoons chili powder
1 cup cooked tomatoes

Wash rice thoroughly, drain. Clean and dry shrimp and crab meat. Add rice to hot oil; brown, stirring frequently. Add remaining ingredients and cover. Simmer 30 to 40 minutes. Serves 6.

## HASH DE LUXE

1 cup cooked fish
¼ clove garlic
2 tablespoons vinegar
¼ cup diced salt pork
¼ cup diced onion
½ cup diced cooked beets
1 cup diced cooked potatoes
¼ teaspoon pepper
½ teaspoon salt
3 tablespoons water

Mix fish, garlic and vinegar. Brown salt pork and onion. Mix all ingredients together. Cover and cook slowly until thoroughly heated. Serves 6.

## BAKED PERCH

6 perch fillets
1 teaspoon salt
¼ teaspoon pepper
¼ teaspoon paprika
2 tablespoons fat
⅔ cup milk
¼ cup grated cheese

Place fish in greased baking dish. Sprinkle with seasoning and dot with fat. Add milk and sprinkle with cheese. Bake in hot oven (425°F.) 30 minutes. Serves 6.

## FISH AND APPLES

2 pounds fish fillets
3 tablespoons fat
6 apples
2 tablespoons water
½ teaspoon salt
1 teaspoon sugar
¼ teaspoon pepper
4 tablespoons butter

Soak fish in salt water 5 minutes. Heat fat. Wash apples; core and slice. Add apples, water, salt and sugar to hot fat. Cover and cook slowly, turning once, until apples are nearly tender. Place fish, flesh side down, on apples. Cover and steam 5 minutes. Remove cover, turn fish, add pepper and butter. Place under broiler until browned. Serves 6.

***These delicately browned perch fillets baked with cheese will be greeted by the family with loud acclaim***

## FISH BALLS

1½ pounds whitefish
1½ pounds yellow pike
3 onions
2 carrots, sliced
8 shelled almonds
1 egg
⅓ cup water
1 tablespoon fine cracker crumbs
1 teaspoon salt
½ teaspoon sugar
¼ teaspoon pepper

Clean fish, fillet and salt the night before using; keep in refrigerator. Retain heads, skins and all large bones. Add bones, 2 minced onions and carrots to 1 quart water and boil 10 minutes. Grind together fish, almonds and remaining onion. Add remaining ingredients and mix thoroughly. Shape into balls about 2 inches in diameter. Gently place in boiling stock. Simmer 2½ hours. Cool. Remove fish from stock. Arrange on platter with slices of carrots and garnish with parsley or watercress. Strain stock and serve either warm or congealed. Serves 6.

## POACHED FISH FILLETS

**1 teaspoon salt**
**1 slice lemon**
**1 slice onion**
**½ teaspoon peppercorns**
**1 bay leaf**
**2 pounds fish fillets**

Fill a skillet half full with water; add salt, lemon, onion, peppercorns and bay leaf. Heat to boiling. Add fish; simmer 5 to 15 minutes, depending on thickness of fish. Remove carefully to serving dish. Season with melted butter and serve with any desired sauce. Strain cooking water for use as stock. Serves 6.

## WINE SAUCE

**2 tablespoons butter**
**½ clove garlic, minced**
**1 clove**
**Dash thyme**
**Small piece bay leaf**
**⅛ teaspoon chopped tarragon**
**½ teaspoon minced parsley**
**Salt and pepper**
**1 cup white wine**

Heat butter, add remaining ingredients; simmer fish in mixture. Strain; serve with fish. Will poach 1½ pounds fish.

***Pickled fish fillets are a time as well as ration stamp saver and a treat to boot***

## PEPPERS STUFFED WITH FISH

**6 green peppers**
**2 cups cooked fish**
**½ cup uncooked rice**
**¼ cup minced onion**
**2⅓ cups water**
**2 tablespoons Worcestershire sauce**
**½ teaspoon salt**
**6 carrots, sliced**

Remove stems and seeds from peppers. Flake fish. Wash rice and soak 15 minutes in warm water. Combine rice, onion, ½ cup of the water, Worcestershire sauce and salt. Mix thoroughly with fish. Stuff peppers with mixture; arrange around edge of skillet. Place carrots in center; add remaining water. Cover. Simmer, very gently, 1 hour. Serves 6.

## CODFISH BALLS

**¾ pound salt codfish**
**6 medium potatoes, cubed**
**3 eggs**
**Dash pepper, Flour, Fat**

Freshen codfish and cook according to directions on package. Cook potatoes in small amount of water until tender. Combine all ingredients and beat until very light and fluffy. Drop by tablespoons into flour and roll in flour. Sauté in 1 inch of hot fat until browned on one side, turn and brown other side. Serves 6.

## FISH HASH

**2 cups flaked cooked fish**
**2 cups diced boiled potatoes**
**1 tablespoon minced onion**
**1 egg, beaten**
**½ teaspoon salt**
**¼ teaspoon pepper**

Combine all ingredients and fry in salt pork or bacon fat until brown. Fold and serve like an omelet. Serves 4.

## PICKLED FISH

**2 cups vinegar, 2 cups water,**
**6 teaspoons salt 18 peppercorns**
**18 allspice 5 onions, sliced**
**4 bay leaves, broken**
**3 pounds cleaned fish**

Combine vinegar, water, salt, peppercorns, allspice, 4 slices onion and bay leaves; boil ½ hour. Simmer fish in liquid until a fin can be pulled out. Cook only a few slices of fish at a time. Pack fish as cooked into a stone crock with slices of raw onion between layers. Pour over hot liquid with seasonings. Cool; cover and keep in cool place. The liquid will form a jelly around the fish. It is enough for ½ gallon fish. Salmon, shad, mackerel or lake trout are suitable for pickling.

# IF YOU DON'T KEEP A COW

When dairy products must be purchased the greatest care should be used to make sure that everybody gets the necessary minimum in some form. If fresh milk is short then plan to use cheese or evaporated milk in your menu. Make whatever is available build good nutrition.

## WHIPPED CREAM

**1½ teaspoons unflavored gelatin**
**2 tablespoons milk**
**1 cup 18% cream, chilled**

Soften gelatin in milk 5 minutes; dissolve over hot water. Cool. Add gelatin to thoroughly chilled cream and beat until stiff with a rotary egg beater. Add sugar if desired. Cream doubles in volume.

**ECONOMY—**

**½ rennet tablet**
**½ tablespoon cold water**
**1 cup 18% cream**

Crush and dissolve rennet tablet in cold water. Heat cream, stirring constantly until warm. Test a drop on the inside of wrist frequently. When warm (110°F.) not hot, remove at once from heat. Add dissolved tablet and stir quickly for a few seconds only. Let stand until firm, about 10 minutes. Chill overnight and whip in a chilled bowl with a chilled beater. Makes about 2 cups.

**EVAPORATED MILK**—Chill milk by packing unopened can in ice and salt, or pouring milk into a bowl surrounded by ice and salt. Never dilute milk to be whipped. If an automatic refrigerator is available, pour the milk into a freezing tray and chill until fine ice crystals begin to form around the edges. Pour milk into an icy cold bowl and whip rapidly with an icy cold beater. Do not whip more than 1 cup of milk at a time. If milk fails to whip, it is not cold enough; chill again and rewhip. Lemon juice added to the whipped milk keeps it stiff. Use two tablespoons lemon juice to each cup of milk used. Continue whipping only long enough to blend in lemon juice. Volume is increased about three times.

If a stiffer whipped cream is desired, gelatin may be added. Scald 1 cup evaporated milk; soften ½ teaspoon gelatin in 2 teaspoons cold water; add to milk and chill thoroughly; then whip rapidly. Sugar and vanilla may be added.

## CHEESE SOUP

**4 bouillon cubes**
**2 cups water**
**1 cup mashed potatoes**
**1½ cups grated cheese**
**2 cups tomato juice**
**¼ teaspoon salt**
**¼ teaspoon paprika**

Dissolve bouillon cubes in boiling water. Add potatoes. Combine cheese, tomato juice and seasonings. Add to potato mixture and stir until well blended. Heat thoroughly. Serves 6.

## VICHYSOISSE

**6 leeks**
**⅓ cup butter**
**Garlic**
**2 cups thinly sliced potatoes**
**4 cups chicken stock**
**1 cup cream or evaporated milk**
**Salt**
**White pepper**
**Chives**
**Paprika, if desired**

Remove stem ends and green tops of leeks, leaving about 2 inches above white portion; slice. Melt butter in saucepan that has been rubbed with garlic; add leeks; simmer 5 minutes. Do not brown. Add potatoes and chicken stock and cook until potatoes are very tender. Rub leeks, potatoes and liquid through a sieve; combine with cream. Season with salt and white pepper. Reheat if served hot. If served cold, chill. Garnish with minced chives and paprika. Serve with Melba toast. Serves 6.

***Whip chilled evaporated milk stiff in an icy cold bowl with lemon juice and you will triple the volume***

## NOODLE COTTAGE CHEESE CASSEROLE

**1 (8-ounce) package noodles**
**1 egg, beaten**
**1 teaspoon onion juice**
**1 pound cottage cheese**
**1 teaspoon celery salt**
**⅛ teaspoon pepper**
**2 tablespoons melted fat**
**1 cup sour cream**
**½ cup buttered bread crumbs**

Cook noodles in boiling salted water until tender. Drain and rinse with hot water. Combine with egg and onion juice. Arrange alternate layers of noodles, cheese and seasonings in greased casserole. Add fat to sour cream and pour over top of noodle mixture. Bake in moderate oven (350°F.) 1 to 1¼ hours. Unmold on serving dish; sprinkle with crumbs. Serves 6.

***Glistening galax leaves offer color contrast to cheese-spread pear slices topped with blanched almonds***

## GOLDEN RICE RING

**1 cup rice**
**2¾ teaspoons salt**
**8 cups boiling water**
**6 tablespoons minced onion**
**3 tablespoons fat**
**½ cup evaporated milk**
**1½ cups grated American cheese**
**⅛ teaspoon pepper**

Add rice and 2 teaspoons salt to rapidly boiling water; cook until rice is tender, about 20 minutes. Drain and rinse with hot water. Cook onion in fat 10 minutes. Add milk, cheese, remaining salt and pepper; cook until cheese melts and mixture is smooth. Add rice and heat thoroughly. Pack into greased 8½-inch ring mold. Turn out and fill center with creamed green beans. Serves 6.

**CASSEROLE** — Omit onion, fat and milk. To cooked rice add cheese, 2 well-beaten eggs and 1 teaspoon Worcestershire sauce. Pour into greased casserole. Sprinkle with ½ cup cereal flake crumbs and dot with butter. Bake in moderate oven (350°F.) 30 minutes. Serve with tomato sauce.

## CHEESE FONDUE

**1½ cups milk, scalded**
**2 cups soft bread cubes**
**1½ cups grated Cheddar cheese**
**1 tablespoon fat**
**¾ teaspoon salt**
**¼ teaspoon dry mustard**
**2 eggs, separated**

Mix first 6 ingredients together thoroughly. Beat yolks until thick. Add to cheese mixture and mix well. Beat whites until stiff and fold into first mixture. Pour into greased baking dish. Bake in moderate oven (350°F.) 20 to 30 minutes. Serve immediately. Serves 6.

## CHEESE STRATA

**12 slices dry bread**
**¼ pound American cheese**
**4 eggs**
**2⅔ cups milk**
**⅔ teaspoon salt**
**⅛ teaspoon pepper**
**¼ teaspoon paprika**

Arrange 6 slices bread in greased baking dish. Slice cheese and place on bread; cover with remaining slices of bread. Beat eggs slightly, add milk and seasonings. Pour milk mixture over bread. Cover. Thoroughly chill as this makes the mixture puff like a soufflé. Uncover before baking. Bake in moderate oven (350°F.) 45 to 50 minutes or until browned. Serve at once. Serves 6.

White, whole-wheat or rye bread may be used.

## PEAR SLICES

**Pears**
**Cream cheese**
**Blue cheese**
**Salted almonds or other nuts**

Slice pears lengthwise. Spread with softened cream or blue cheese. Place salted almond in center. If prepared in advance of serving, dip pear slices in fruit juice to prevent discoloration.

# How Would You Like Some Bees?

The Honey Bee has always had an enthusiastic group of friends, admirers and keepers for the food it produces, for its social and industrial organization and for the important part it plays in fertilizing the growing crops.

In a world at war, the first and the last are no mean contributions to the sum total of forces at work.

Honey is and has always been accounted a valuable sugar, and today when others are scarce, every ounce that can be added to the common store is so much gain. For the family that is attempting to be self-sustaining in this crisis a beehive is rather a foregone conclusion; it may even be an additional source of income. But many persons without such ideal surroundings are successful beekeepers and many more undoubtedly will become such.

Some city apartment dwellers have managed to be quite successful with the busy little bodies especially when they are near a park or neighbors' gardens.

Certainly back yard beekeeping has much in its favor and any sizable garden with a sunny corner somewhat sheltered from high winds will make a happy home for your honey hoarders.

While you are thinking about it write to the Department of Agriculture's Division of Bee Culture, Beltsville Research Center, Beltsville, Maryland and ask for their bulletin called "Information about Bee Culture." This will give you the advice a beginner needs together with a list of the accredited Bee Supply Houses in your vicinity and a list of other available bulletins and books. They will tell you that your initial cost will be $18-20 for 1 hive and the necessary equipment to operate. The time to start your hive is in the spring and they advise that you consult your local Farm Advisor or your State Agricultural College for advice about local conditions. With ordinary luck expenses last only ten days. From then on the bees work for you and only ask that you share the fruits of their labor with them.

***How doth the busy little bee***
***Improve each shining hour***
***And gather honey all the day***
***From every opening flower***

# BETTER LEARN TO BAKE BREAD

## MUFFINS

**2 cups sifted enriched flour**
**4 teaspoons baking powder**
**½ teaspoon salt**
**¼ cup sugar**
**1 egg, beaten**
**¼ cup melted shortening**
**1 cup milk**

Sift dry ingredients together. Mix egg, shortening and milk together thoroughly. Combine mixtures, stirring just enough to dampen flour. Fill greased muffin pans ⅔ full. Bake in hot oven (400°F.) 25 minutes. Makes 12 to 15.

**BLUEBERRY** — Add 1 cup blueberries to dry ingredients.

**CHEESE** — Add ½ cup grated cheese and ⅛ teaspoon paprika.

**CHERRY** — Add ⅔ cup drained, chopped cherries.

**CORN-MEAL** — Use 1 cup corn meal and 1 cup white flour.

**CRANBERRY** — Add ⅔ cup chopped cranberries mixed with 2 tablespoons sugar.

**DATE** — Add ⅓ cup chopped dates.

**NUT** — Add ⅓ cup chopped nuts.

**RAISIN** — Add ⅓ cup raisins.

**WHOLE-WHEAT** — Use 1 cup each whole-wheat and white flour. Add bacon bits or cracklings, if desired.

## REFRIGERATOR ROLLS

**2 cakes yeast**
**¼ cup lukewarm water**
**1 cup milk**
**½ cup corn sirup or ¼ cup honey or sugar**
**1 tablespoon salt**
**6 cups sifted enriched flour (about)**
**2 eggs, beaten**
**½ cup shortening, melted**

Soften yeast in lukewarm water. Scald milk, add sirup and salt; cool to lukewarm. Add 2 cups flour and beat well. Add yeast, eggs, and shortening; blend well. Add remaining flour to make a soft dough. Knead until smooth and satiny. Place in lightly greased bowl; grease top of dough. Cover well and put into refrigerator. When wanted, remove dough from refrigerator and punch down. Mold at once into any desired shape. Or, if preferred, let dough stand in warm room for an hour before molding. Place rolls in greased pans, cover and let rise until doubled in bulk. Bake in hot oven (425°F.) 15 to 20 minutes. Makes 30.

For wholewheat rolls use 3 cups each wholewheat and white flour.

## ENRICHED BREAD

**2 cups milk**
**¼ cup sugar or honey or corn sirup**
**4 teaspoons salt**
**2 tablespoons shortening**
**2 cups water**
**1 cake yeast**
**¼ cup lukewarm water**
**12 cups sifted, enriched flour (about)**

Scald milk. Add sugar, salt, shortening and water. Cool to lukewarm. Add yeast which has been softened in lukewarm water. Add flour gradually, mixing thoroughly. When dough is stiff, turn out on lightly floured board and knead until smooth and satiny. Shape into smooth ball and place in greased bowl. Cover and let rise in warm place (80° to 85°F.) until doubled in bulk. Punch down. Let rise again. When light, divide into 4 equal portions. Round each portion into smooth ball. Cover and let rest 10 to 15 minutes. Shape into loaves. Place in greased bread pans. Let rise until doubled in bulk. Bake in moderately hot oven (400° to 425°F.) 40 to 45 minutes. Makes 4 (1-pound) loaves.

**CRACKED-WHEAT** — Use 4 cups cracked wheat for 4 cups white flour.

**GRAHAM** — Use 6 cups graham flour for 6 cups white flour.

**OATMEAL** — Use 4 cups oatmeal for 4 cups white flour.

**RAISIN** — Add 2 cups raisins or chopped prunes or nuts.

**WHOLE-WHEAT** — Use 6 cups whole-wheat flour for 6 cups white flour. Use ¼ cup molasses instead of sugar.

***"What hymns are sung, what praises said***
***For home-made miracles of bread?"***

# TRY SOME NEW DRINKS

Many new drinks will comfort the tea and coffee enthusiast, among them maté and the many fruit and vegetable juices increasingly popular in recent years. Some of these deserve to remain permanent friends.

## GET THE MOST FROM YOUR COFFEE

Buy coffee as you need it or else it becomes stale.

Keep coffee in a tightly covered container.

Use level measurements and make only the amount of coffee you intend to serve.

Use the correct grind for the method of preparation used. That is, if a "drip" coffee maker is used, use coffee ground for "drip" method. Generally, "drip" grind is the best all-purpose grind.

Brew coffee carefully.

Add a few grains of salt to coffee when it is being prepared. Many believe this increases the flavor. Coffee stretchers are roasted chicory, legumes or cereals. Use with coffee as directed. Do not buy coffee with the stretcher added as you will not be getting your fair share of coffee.

## MATÉ

Maté is a beverage similar to tea, made from the roasted leaves of a South American tree. It has a refreshing and stimulating effect similar to that of tea and coffee but contains less caffeine and tannin and has no astringent qualities. The flavor is heavier than tea with a floral bouquet.

**PREPARE MATÉ** like tea, using only an earthenware or glass container for brewing. Let steep 5 minutes, then remove leaves at once. Do not boil. Strain and serve. Sugar, cream, lemon or crushed mint leaves may be served with maté.

**ICE MATÉ** is prepared like tea.

## FRUIT JULEP

**⅓ cup orange juice**
**⅓ cup lemon juice**
**⅓ cup grapefruit juice**
**⅓ cup sugar**
**Few grains salt**
**⅓ cup ice water, Mint sprigs**

Combine fruit juices, sugar, salt and water. Pour over crushed ice in glasses and serve garnished with mint sprigs. Serves 2.

## MULLED CIDER

**1½ quarts sweet apple cider**
**10 whole cloves, ¼ cup sugar**
**6 sticks cinnamon**
**7 whole allspice**
**⅛ teaspoon salt**

Combine ingredients in order listed, heat to boiling and simmer 15 minutes. Allow to stand 12 hours. Strain and serve hot. Serves 6.

***Serve the fruit drinks in this watermelon punch bowl and hear the ohs and ahs at your mid-summer garden party***

***Hot-weather fruit milk drinks will intrigue children and grown-ups alike***

## APRICOT PUNCH

**½ pound dried apricots**
**½ cup sugar**
**1 cup orange juice**
**3 tablespoons lemon juice**
**1 cup apple cider**
**Ice water**

Cover apricots with water and cook until tender, about 30 minutes. Add sugar and cook 5 minutes longer. Force through coarse sieve. Add orange and lemon juice and cider; stir thoroughly. Strain and dilute with ice water to taste. Serves 6.

## LEMON MILK

**2 eggs, well-beaten**
**½ cup ice water**
**⅓ cup lemon juice**
**½ cup sugar**
**⅛ teaspoon salt**
**3 cups milk**

Combine eggs, water, lemon juice, sugar and salt and mix well. Add gradually to cold milk, stirring constantly. Serve immediately. Serves 4.

## PRUNE MILK

**1 cup evaporated milk**
**1 cup water**
**2 cups prune juice**
**1 teaspoon lemon juice**

Combine all ingredients and mix well. Chill. Serves 4.

## CRANBERRY HONEY MILK

**⅓ cup cranberry juice**
**1 to 2 teaspoons honey**
**Almond or lemon flavoring**
**⅔ cup milk**

Combine all ingredients and beat with egg beater. Serves 1.

## GRAPE MILK BLOSSOM

**½ cup grape juice**
**½ teaspoon lemon juice**
**1 to 2 tablespoons sugar**
**1 cup milk**

Combine ingredients and beat with an egg beater. Serve ice cold. Serves 2.

**MALTED** — Reduce sugar to ½ teaspoon. Add 1½ tablespoons malted milk powder.

## LOGANBERRY BUTTERMILK

**1 pint loganberry juice**
**4½ cups buttermilk**

Combine chilled loganberry juice and buttermilk. Mix well and pour into tall glasses. Serves 6.

## TEA MILK

**1 quart milk**
**1 tablespoon black tea**
**Sugar**

Heat milk to boiling and add tea tied in a bag and sugar. Serve hot or cold. Serves 4.

## FRUIT JERRY

**½ cup sieved avocado**
**Few grains salt**
**1½ cups vanilla ice cream**
**1 cup whole milk**
**1 cup carbonated water**

Blend fruit, salt and ice cream with rotary beater. Add chilled milk and carbonated water. Serve immediately. Serves 6.

## BUTTERMILK SHAKE

**1¼ cups orange juice**
**¼ teaspoon grated orange rind**
**¼ cup sugar**
**3½ cups buttermilk, chilled**

Combine all ingredients and shake vigorously 5 minutes. Serve immediately with a small amount of chipped ice. Serves 6.

## CAMBRIC TEA

**⅓ cup milk**
**⅓ cup boiling water**
**½ teaspoon sugar**

Scald milk; add boiling water and sugar. Serves 1.
Add a dash of cinnamon.
Use weak tea instead of water.